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VULNERABLE SIDE OF THE MATERIAL GIRL

MADONNA'S FIRST ALBUM IN FOUR YEARS GETS LISTENERS INTO THE GROOVE: REVIEW PAGE 12

OTTAWA metro®

Tuesday, March 27, 2012

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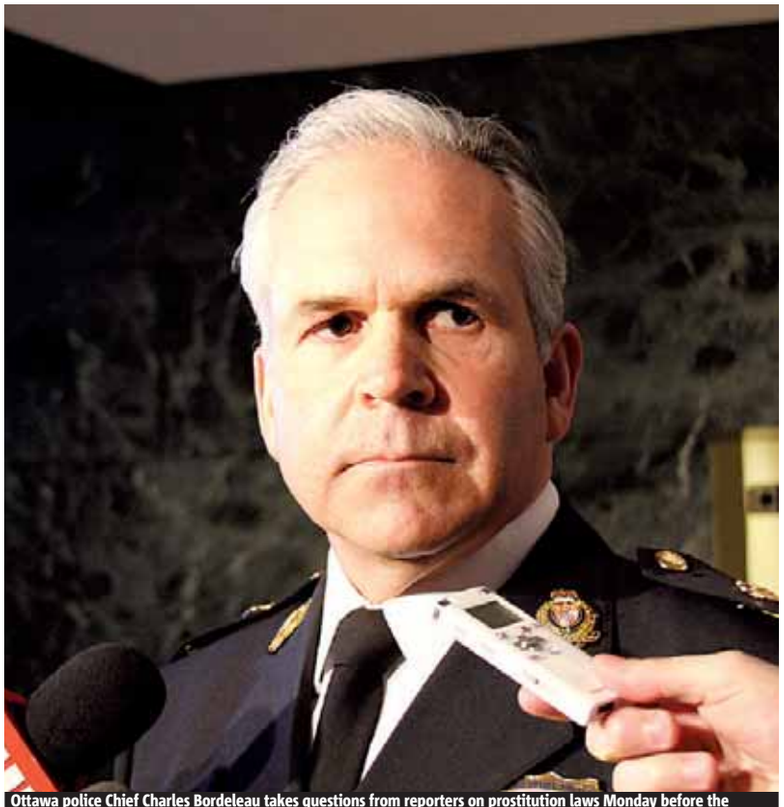

Ottawa police Chief Charles Bordeleau takes questions from reporters on prostitution laws Monday before the Police Services Board meeting. JOE LOFARO/METRO

Top cop stands firm on sweeps of sex workers

Prostitution. Ottawa police chief says there will be no changes to approach in light of Monday's ruling

JOE LOFARO
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Ottawa cops will keep doing prostitution sweeps following Monday's landmark Ontario Court of Appeal decision on prostitution laws, police Chief Charles Bordeleau says.

The court ruled the prohibition on bawdy houses and hiring bodyguards or drivers is unconstitutional.

It also ruled living on the avails of prostitution under "exploitative circumstances" illegal.

Section 213 of the Criminal Code, which bans sex workers from soliciting customers on the street, was unchanged.

That puts them at an increased risk of violence, said Chris Bruckert, co-founder of Prostitutes of Ottawa-Gatineau Work, Educate, Resist (POWER).

"Sex workers are going to continue to take steps to stay away from police and those steps actually make them more vulnerable to violence," she said.

Bordeleau called street sweeps "a tool in our toolbox in order to enforce the laws," in reference to Section 213.

Ottawa police changed their policy on street sweeps to a complaint-driven approach in 2010.

"Our goal, ultimately, is to get them off the street to get (them) the help they need," he said. "It's not a safe environment for them to be in — it's a risky business."

With the communication law unchanged, sex workers say they do not have enough time to assess their clients safely in the street.

Bruckert hailed the Vancouver Police Service Board draft guidelines that could see cops use enforcement as a last resort and only in "high-risk" situations. She called on Ottawa police to follow suit.

Bordeleau said his force will continue to work with POWER, but will also conduct sweeps on a complaint-driven basis.

"They have chosen to conduct a risky business but we want to ensure as a police service that we are working with them to ensure their safety," said Bordeleau.

The chief said he is still reviewing the court decision and awaiting any direction from the attorney general.

Juno setup takes shape

Ottawa gets ready to rock at Sunday's Juno Awards PAGE 4

Mulcair's first day on the job

NDP leader wastes no time going on the attack PAGE 6

Pie a handy little snack

Treats burst with Indian flavours PAGE 20

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Kick out regime's ambassador, local Syrian students demand

Conflict in Syria.
Group mixes culture, activism to raise awareness

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Using flash-mob activism and a feast of traditional Syrian food to get their message out, the Syrian Student Association of Ottawa made fresh calls on Monday for Syria's ambassador to be deported.

"We call on Canada to cancel all connections with the regime," said Yaman Marwah, president of the SSAO and co-ordinator of the event at Carleton University. "Let's hope the next step is to get the Syrian ambassador to Canada out of the country."

Syrian-born students offered a window into their country by sharing traditions such as intricate woodworking and kibbeh, a fried pastry stuffed with minced beef.

"We want to show Syria as a country and get people to fall in love with it, giving a context to where this huge number of people are dying every day," said Anas Marwah, Yaman's brother.

Time for action

Money key to resistance

The time for raising awareness is over, one Syrian student says.

"We've raised enough awareness," said Hatem, who asked that his last name not be used to protect family in Syria. "Now, only money will help the resistance, who need it for weapons and food."

In Ottawa, groups such as the Syrian Canadian Council and the SSAO have raised $180,000 to send to the country. "The problem is how to get the money to them," said Yaman Marwah. "It's going to take ages, since we're sending it $1,000 at a time to get it past the authorities."

Despite the obstacles, Hatem said he still has hope for his struggling country. "If we didn't have hope, we wouldn't be doing this," he said. "The question is whether we're going to build a better future or allow this ruthless regime to continue."

GRAHAM LANKTREE/METRO

To call attention to the violence in their homeland, members of the Syrian Student Association of Ottawa act out a tableau depicting the terrors visited on Syria's activists and resistance fighters. GRAHAM LANKTREE/METRO

Sick girl continues quest to meet Biebs

The YouTube video asks Justin Bieber to visit Mia Pruder. YOUTUBE

After her campaign to meet pop idol Justin Bieber gained 18,300 Facebook followers, Mia Pruder, a five-year-old with muscular dystrophy, has been flown from the Children's Hospital of Eastern Ontario (CHEO) to Kingston General Hospital.

At 7 a.m. on Monday, after more than a month at CHEO during which she underwent multiple surgeries and was moved to palliative care, Pruder returned home at her request.

During her campaign, Pruder has received backing from celebrities, such as Ellen DeGeneres and Howie Mandel, on the "Biebs for Mia" Facebook page, and a groundswell of public support.

On Monday, her supporters turned to YouTube to get the word out that the youngster is not giving up her quest to meet the singer.

After being told by a Universal Records representative that 3,000 members on a Facebook page would be enough to get Bieber's attention, the more than 18,000 members on Pruder's page have not yet raised a response from the singer.

To watch Biebs for Mia, go to youtube.com/watch?v=lFlEfAazszI.

GRAHAM LANKTREE/METRO

1

NEWS

On the mobile

Analysts are calling it a "two-horse" race between Apple and Samsung as RIM's sales shrink and the lag time between its releases grows. Scan the code for the story

On the web

Madge's drug reference over the borderline, DJ says

Canadian electronic DJ Deadmau5 has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamourize drug use during a recent concert.
Get the full story at metronews.ca/video

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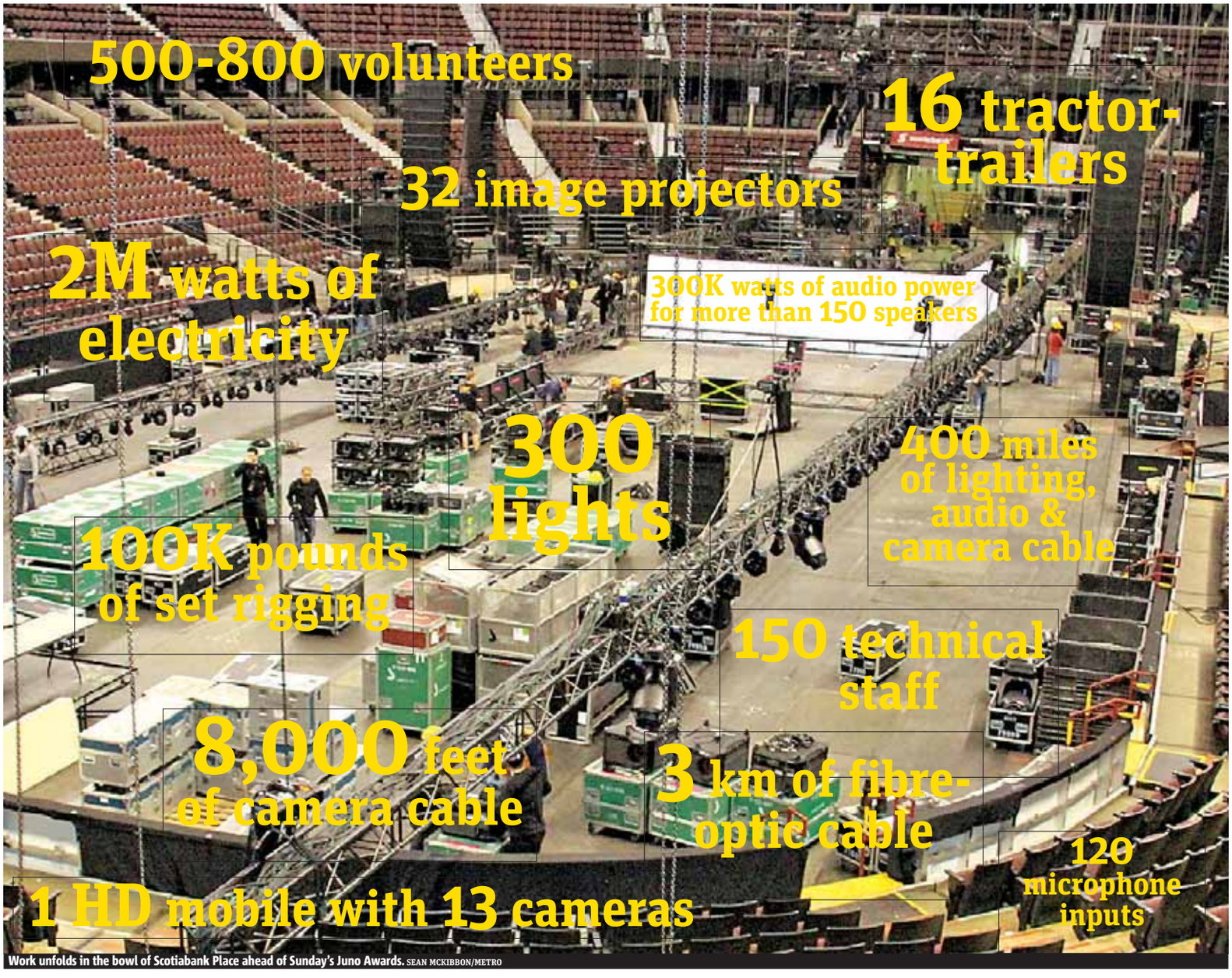
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Work unfolds in the bowl of Scotiabank Place ahead of Sunday's Juno Awards. SEAN MCKIBBON/METRO

'IT WILL BE LOUD'

Juno Awards. Music fans can expect a 360-degree experience whether watching at home or from the floor, designer says

SEAN MCKIBBON
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As workers wheeled in rigging, lights, speakers and other equipment, the people in charge of bringing the 2012 Juno Awards show to life on Sunday promised a concert like no other.

"Where else can you see Nickelback at the same concert as Feist?" said Melanie Berry, president and CEO of the Canadian Academy of Recording Arts and Sciences, during a media tour of the prep work at Scotiabank Place on Monday.

Boasting the ability to kick out 300,000 watts of power to the speakers, the award show will have a full rock-concert feel, said technical producer Karel Noordover.

"It will be loud," he laughed.

But the show will also be a feast for the eyes and won't leave out the home television audience as the event will be captured in hi-def video and in 5.1 surround sound, organizers say.

"We're going to give the audience a 360-degree experience we've never had before," said Juno production designer Peter Faragher of the double-stage show.

About 1,000 fans will be allowed to buy tickets to crowd onto the floor general-admission style. That will let them move about and turn their attention from a performance stage that thrusts out to the audience area and a separate award stage where performers will receive their Junos. There will also be tickets for seats in the stands.

CARAS CEO Melanie Berry, left, technical producer Karel Noordover and production designer Peter Faragher on the unfolding set. SEAN MCKIBBON/METRO

All told, there will be space for about 11,000 people to attend the event

"Every year we try to up the ante," said Faragher.

Juno you want a ticket

- Tickets for general admission and all four levels of seating at Scotiabank Place are available through the Scotiabank Place box office, Sens Store locations at Carlingwood Mall and Place D'Orleans, Ottawa Sports Experts, Les Galeries de Hull by phoning (613) 599-FANS (3267), (toll free) at 877-788-FANS (3267), or online at capitaltickets.ca
- Tickets range in price from $62.15 to $213.57

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NDP leader attacks Conservatives on mounting debt

House of Commons. Newly elected Opposition leader Thomas Mulcair scrappy in question period debut

Thomas Mulcair made his question period debut as NDP leader Monday after a standing ovation from his caucus and compliments from his defeated opponents.

The newly minted Opposition leader showed his scrappy side as he took on the Conservatives for the first time from his new seat in the House of Commons.

He said the government has failed miserably at getting the country back to work and demanded action in Thursday's budget.

"Since the Conservatives came to power, Canada has lost hundreds of thousands of good jobs in the manufacturing sector," Mulcair said.

Newly elected NDP Leader Thomas Mulcair stands in the House of Commons. THE CANADIAN PRESS

Heritage Minister James Moore retorted that 600,000 jobs have been created under the Tory watch.

"We will continue to move in that direction in the next budget," Moore said.

Mulcair wasn't buying that.

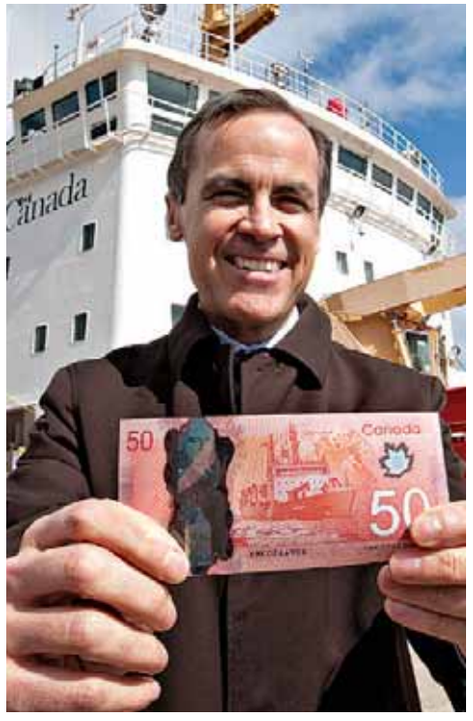
"They are leaving the largest environmental, economic and social debt in our history for future generations," he said.

Mulcair's party greeted him warmly in his first Commons appearance since he came out on top in a seven-person race for the leadership at the party's weekend convention in Toronto. His four MP opponents spoke briefly about the need for unity. Toronto MP Peggy Nash urged the party to "unite behind our leader and future prime minister."

Olivia Chow, widow of former leader Jack Layton, remained pointedly neutral during the campaign, but she dropped that attitude on Monday to praise Mulcair.

"We can be proud to say that New Democrats across Canada elected a strong and experienced leader," Chow said.

THE CANADIAN PRESS



The $50's newest feature

Bank of Canada Governor Mark Carney holds a new $50 bill while standing in front of the Canadian Coast Guard ship Amundsen on Monday in Quebec City. The Amundsen is displayed on the back of the new bank note, made of polymer. JACQUES BOISSINOT/THE CANADIAN PRESS

Separation survey?

Quebecers torn on Constitution

Quebecers still have an appetite for independence if they don't get constitutional reform, suggests a Leger Marketing survey.

The new survey found that 44.5 per cent of Quebecers would still support separating from Canada if the Constitution could not be changed enough to satisfy the majority of the province. Nearly 39 per cent said the province should stay in the federation even if no amendments are made.

THE CANADIAN PRESS

Troubling U.S. trend

Canuck profiles off-limits to snoops

Labour laws in Canada offer strong protection from employers who ask jobseekers for personal information like social media passwords.

Rules in the U.S. are much more lax, lawyers said, citing cases in which hiring managers have asked candidates to turn over their login information as part of the vetting process.

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Obama's health law gets day in court

Protesters with the Tea Party Patriots, including Linda Dorr of Laguna Beach, Calif., centre, protest the Affordable Care Act outside the U.S. Supreme Court in Washington, D.C., on Monday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Hearings begin. U.S. Supreme Court will hear arguments on a law that would give health insurance to 95 per cent of Americans

The U.S. Supreme Court yesterday heard the first of three days of arguments on President Barack Obama's health-care overhaul.

The overhaul touches core political divisions in the United States and will have a major impact on the life of virtually every American.

Since Obama signed the legislation into law two years ago, 26 states have challenged the constitutionality of the overhaul. It's the largest expansion in the nation's social safety net in more than four decades.

All four Republicans battling for the nomination to challenge Obama in November have promised to undo the overhaul. That is unless the conservative-dominated Supreme Court doesn't strike it down in a decision expected in June.

The fight over the law, aimed at extending health insurance to more than 30 million Americans, has further inflamed deep divisions in a country knocked off balance by the recession and embroiled in a political battle about the role of government.

Much at stake

- **Until the health-care law, the United States was the only major developed country without a national health-care system.**
- **The hearings this week will be closely followed for clues about what the nine Supreme Court justices are thinking. The court has four liberal-leaning justices and five conservatives.**

In active questioning over 90 minutes, none of the justices appeared to embrace the view of some that the case has been brought prematurely.

Solicitor general Donald Verrilli Jr., defending the health law, urged the court to decide what he called "the issues of great moment" at the heart of the case.

Republicans are leading the fight to kill the law either via the court or through congressional repeal. They say the worst fears about what they derisively call "Obamacare" have already come to pass in the form of higher costs and regulations, claims that the law's supporters dispute.

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Tibetan protester sets himself alight in New Delhi

Chinese state visit. Activist suffers severe self-inflicted burns in defiance of Hu Jintao's visit to India

A Tibetan exile lit himself on fire and ran shouting through a demonstration in the Indian capital Monday, just before a visit by China's president and following dozens of self-immolations done in China in protest of its rule over Tibet.

Indian police swept through the New Delhi protest a few hours later, detaining scores of Tibetans.

The man apparently had doused himself with something highly flammable and was engulfed in flames when he ran past the podium where speakers were criticizing China and President Hu Jintao's visit.

Fellow activists beat out the flames with Tibetan flags and poured water onto him. He was on fire perhaps less than two minutes, but some of his clothing had disintegrated and his skin was mottled with black, burned patches by the time he was driven to a hospital.

About 30 such protests have occurred over the past year in ethnic Tibetan areas of China, and a Tibetan self-immolated last year in India, where many exiles reside. Beijing has blamed the Dalai Lama for inciting them and called the protesters' actions a form of terrorism.

Tibetans inside China and exiles say China's crackdown on Tibetan regions is oppressive.

Activists said the exile who self-immolated Monday is Jamphel Yeshi, 27, who escaped from Tibet in 2006 and has been living in New Delhi for two years.

He was burned on 98 per cent of his body and his condition is critical, according to the Association of Tibetan Journalists.

Protesters initially prevented police from taking him to the hospital, but officers eventually forcibly took him away.

While activists had been whispering Monday morning that something dramatic was expected at the protest, organizers insisted they were not behind the self-immolation.

"We have no idea how this happened, but we appreciate the courage," said Tenzing Norsang, an official with the Tibetan Youth Congress.

Hu is expected to arrive in India on Wednesday for a five-nation economic summit. Norsang called on the summit participants to discuss Tibet. THE ASSOCIATED PRESS

A Tibetan nun in exile scuffles with police officers during a protest in New Delhi on Monday. Earlier in the day, a Tibetan exile lit himself on fire ahead of Wednesday's visit by Chinese President Hu Jintao.

MANISH SWARUP/THE ASSOCIATED PRESS

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Members of the New York State Senate, from left, Kevin Parker, Bill Perkins and Eric Adams wear hooded sweatshirts during session in Albany, N.Y., on Monday, to protest the shooting death of Florida teen Trayvon Martin. MIKE GROLL/THE ASSOCIATED PRESS

Family of Fla. teen blasts new reports

Shooting death. Supporters of Trayvon Martin put on the defensive after marijuana, beating claims emerge

The family and supporters of slain Florida teenager Trayvon Martin found themselves on the defensive Monday following revelations he had been suspended from school for marijuana before he was shot to death by a neighbourhood watch volunteer. Police also confirmed a report that the watchman claimed Martin was the aggressor, punching him in the nose and smacking his head on a sidewalk.

Martin, 17, was suspended by Miami-Dade County schools because traces of marijuana were found in a plastic baggie in his book bag, family spokesman Ryan Julison said. Martin was serving the suspension when he was shot Feb. 26 by George Zimmerman, who was patrolling the neighbourhood that Martin was visiting with his father.

Zimmerman, 28, claimed he shot Martin in self-defence and has not been arrested. Because Martin was black and Zimmerman has a white father and Hispanic mother, the case has become a racial flashpoint that has civil-rights leaders and others leading a series of protests in Sanford and around the country.

Student Francesca Placide displays her T-shirt in tribute to Trayvon Martin in Miami on Monday. WALTER MICHOT/ THE MIAMI HERALD/THE ASSOCIATED PRESS

Martin's mother, Sybrina Fulton, and family attorneys blamed police for leaking the information about the marijuana and Zimmerman's claim about the attack to the news media in an effort to demonize the teenager.

"They killed my son and now they're trying to kill his reputation," Fulton told reporters.

The Sanford Police Department insisted there was no authorized release of the new information but acknowledged there may have been a leak. City manager Norton Bonaparte Jr. said it would be investigated and the person responsible could be fired.

Martin family attorney Benjamin Crump said the link between the youth and marijuana should have no bearing on the probe into his shooting death. State and federal agencies are investigating, with a grand jury set to convene April 10. THE ASSOCIATED PRESS

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North Korea haunts global nuclear summit

Distraction. Though not on the summit agenda, North Korea's nuclear intentions are on the back of world leaders' minds

Stephen Harper touched down in Seoul on Monday to attend a global nuclear summit amid a rising cacophony of threats and challenges involving North Korea, its atomic program and the regime's accelerated plans to hurl a satellite into space.

Even though his objective is to talk about how to stop the proliferation of nuclear material and weapons of mass destruction, the prime minister's schedule was packed with a series of bilateral discussions with European countries, which have been struggling to contain their debt crisis.

Harper and his officials, including Foreign Affairs Minister John Baird, met with Italian Prime Minister Mario Monti.

Although it's not officially on the summit agenda, North Korea stole the initial headlines after U.S. President Barack Obama challenged the leaders of the rogue regime "to have the courage to pursue peace."

His demand came as Seoul warned it might shoot down a North Korean rocket carrying a satellite if it violates South Korean territory.

Baird acknowledged the distraction, but suggested it should not hijack the conference. "We're working with our allies and others to take every diplomatic measure necessary to send a very strong message to the North Korean government that we strongly disapprove," he said.

The launch, which also worries Japan, has been described by the U.S. as a test of Pyongyang's ballistic-missile technology. It's a charge the new regime of Kim Jong-un denies.

Obama, despite his challenge to the North, said he stood by his pledge for a globe without nuclear weapons.

A series of internal briefings, prepared for Defence Minister Peter MacKay, show Canada is skeptical of the pledge. "North Korea's nuclear test provides stark relief to the recent swell of international political support for nuclear disarmament and demonstrates how difficult it will be to translate the vision of a nuclear-free world into reality," said a 2009 analysis.

The Harper government was expected to face backroom criticism over a 10-year deal recently signed by Ottawa-based Nordion Inc., the world's largest supplier of medical isotopes, to buy highly enriched uranium from Russia.

The U.S., France, Belgium and the Netherlands announced a deal Monday that is meant to sustain the supply of lifesaving isotopes without the use of highly enriched uranium. The countries declined to criticize Canada directly, but suggested there would be a price to pay for not pushing harder towards low-enrichment uranium. Canadian officials were quick to counter by pointing to the country's role in helping other nations like Mexico to convert their reactors from using highly enriched uranium to low-enriched uranium. THE CANADIAN PRESS

South Korean President Lee Myung-bak greets Prime Minister Stephen Harper during a welcome ceremony for the Nuclear Security Summit at the Coex Center in Seoul on Monday. SUSAN WALSH/THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.89¢ (+0.76¢)

TSX 12,574.79 (-109.13)

OIL $107.03 US (+$0.16)

GOLD $1,685.60 US (+$23.20)

Natural gas: $2.226 (-4.9¢) (per 1,000 cubic feet)
Dow Jones: 13,241.63 (+160.9)

StatsCan

Canadians buying more booze

Statistics Canada says beer and liquor stores sold $20.3-billion worth of alcoholic beverages in the fiscal year ending March 31, 2011, up two per cent from 2010.

The agency says beer remains the favourite for Canadians, although per-capita sales of 80.3 litres per person in 2011 were down from 85.6 litres in 2000. The growth reflected a number of factors, including increased sales of imported wine and spirits, and an overall increase of 0.4 per cent in the prices of spirits, wine and beer. THE CANADIAN PRESS

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THE WOES OF WOULD-BE HOMEBUYERS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

My mother always told me that one of her biggest mistakes in life was not getting on the property ladder early enough. Consequently, I've had a desire to invest in bricks and mortar since my late teens.

After four years together and a semi-aggressive saving plan, my boyfriend and I are finally ready to take the leap toward permanent cohabitation. After all, you can wait forever for the real-estate bubble to burst or you can suck it up and decide the "right time" is never going to come and just take the plunge. We were pre-approved for a horrifyingly unrealistic mortgage, found ourselves a patient agent and resolved to give up all our weekends for the unforeseeable future.

Of course, finding a place that fits all our criteria and our budget is proving to be a seemingly impossible task. There's always something not quite right. Units are too small, too pricey, too dark, too high. I'm starting to feel like the Goldilocks of urban real estate.

Downtown digs

"We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile."

Whenever I get terribly depressed about my home-buying woes I log on to FML Listings, a Toronto-based blog that highlights the absurdity of the city's real-estate market by posting outrageous listings alongside snarky commentary. For added impact, the site compares Toronto listings with those in other markets. For example, a three-bedroom bungalow about half an hour outside downtown is listed at just under $1.8 million, roughly the same price as Paula Abdul's mansion in the Hollywood Hills. Heartbreaking isn't it?

So why bother trying to buy in the city at all?

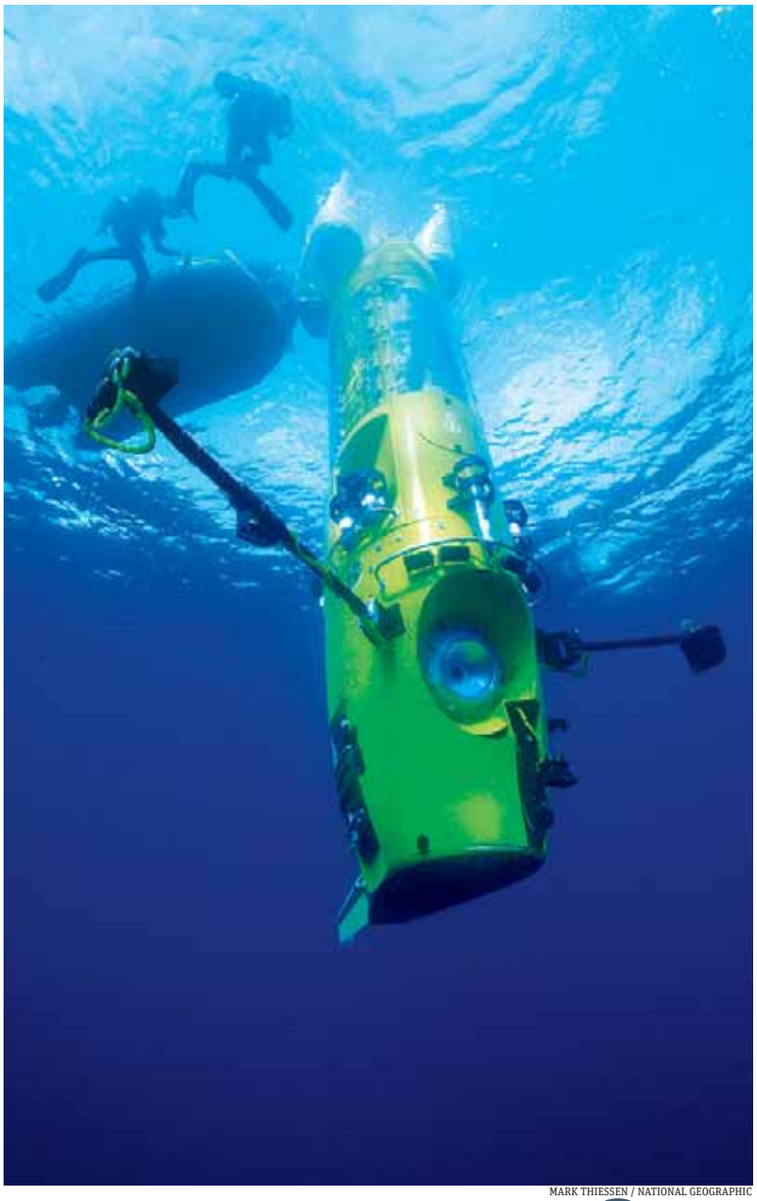
We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile.

While walking home last night after another series of hopeless viewings, we stumbled across a street performer playing a very unique rendition of Greensleeves. The man was using a bow to play an industrial saw as an instrument. It was a beautifully strange site but not out of place among the eclectic happenings of the city. You just don't find that in the suburbs; you'd never see anything like that outside the window of your SUV in a strip-mall parking lot.

The city itself has an unpredictable way of reminding me that this is where I belong. So despite all the hours lost in open-houses and blood-pressure-raising bidding wars, I know we'll get there in the end.

Being a homeowner in the city has its price. ISTOCK

Director reflects on voyage 'to hell'



MARK THIESSEN / NATIONAL GEOGRAPHIC

The Titanic

Director returns from 'the abyss'

PACIFIC OCEAN. The last frontier on Earth is out-of-this-world, desolate, foreboding and moon-like, James Cameron said after diving to the deepest part of the ocean. And he loved it.
THE ASSOCIATED PRESS

Avatar

"Back from trip to deepest pl on Earth -#oceans hadal zone. Puts a new spin on 'to hell and back'. Good to see the sunshine."
JAMES CAMERON TWEETS AFTER FEAT

Mariana Trench

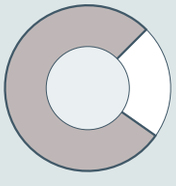
- Hydraulic failure meant Cameron was unable to retrieve samples from the trench.
- He said, "My feeling was one of complete isolation from all of humanity."
- Cameron said he had hoped to see a strange deep-sea monster, a creature that would excite the storyteller in him and resemble something out of his movies, but he didn't.
- The trench is 120 times larger than the Grand Canyon and more than two kilometres deeper than Mount Everest is tall.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Were you surprised the iPhone topped the BlackBerry as Canada's smartphone of choice?

78% NO. IT WAS A LONG TIME COMING



22% YES. WE SHOULD BE LOYAL TO OUR HOME BRAND

Twitter

@semisweetdreams: @ModestInstincts I'm a shameless or true blood kind of girl... Love my HBO!!

@gadgetgirl_ca: @PremiumMeats Yeah....as an atheist from an Aglican family who grew up in Muslim and Bhuddist countries, baby steps!

@christina_leigh: everyone wants my butt

@flynnrita149: "Caprimulgus vociferous," the zoology prof intoned, but I heard the call of the whippoorwill and knew it was time to go home. #Artwiculate

@eliudell: To say that the #RedWings were due is, without a doubt, an understatement. Also, the #BlueJackets are atrocious.

metro

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2
SCENE

Scene in brief

Prime time for Kimmel

Late-night host Jimmy Kimmel just got a prime-time gig: Host of the 64th Primetime Emmy Awards. The star and executive producer of Jimmy Kimmel Live! will host the Emmy Awards ceremony on Sept. 23 at the Nokia Theatre in Los Angeles. "I hope to be able to do for the Emmys this year what Eddie Murphy did for the Oscars," Kimmel joked, referring to the comedian who pulled out as host of this year's Oscar ceremony. This is Kimmel's first time hosting the Emmy Awards. Kimmel's namesake show is in its 10th season on ABC. He previously hosted the American Music Awards and the ESPY Awards and is set to host the White House Correspondents' dinner next month.
THE ASSOCIATED PRESS

On the Web

Nice guy Eric McCormack from Will & Grace taps into his sinister side for return to Broadway

Madonna shows her vulnerable side on her new album, MDNA. GETTY IMAGES

Deconstructing the Material Girl's MDNA

New album. Metro's Pat Healy listens to Madonna's first new album in four years and hears her mortal side

PAT HEALY
Metro World News

Madonna is a bitch out of order, a bat out of hell and a fish out of water.

At least that's what she compares herself to in the song Gang Bang, off her brand new album, MDNA.

Madge's claim about being broken, angry and alienated is a succinct self-analysis.

It's been four years since her last album of new material, the longest gap of her nearly 30-year career, which would explain the fish-out-of-water feeling — to say nothing of the fact that her last album came out a full six months before the debut of another Italian-American with a stage name, a penchant for shock value and a monster-load of blond ambition, Lady Gaga.

As far as the bitch-out-of-order and the bat-out-of-hell, her venomous personal lyrics on this album make it difficult to distinguish Madonna — the pop legend — from Madonna, the mortal whose eight-year marriage to director Guy Ritchie ended in a bitter divorce.

"I tried to be a good girl, I tried to be your wife," she sings on I Don't Give A.

It is this vulnerability that gives MDNA its vitality. And this uneasiness of being thrown into a different life situation almost makes it acceptable for her to sing like a teenager about drinking too much Tanqueray and "Tweetin' in the elevator." Comparing a new love to Mike Jordan and Abe Lincoln in the same song? Well, that's just silly. But she seems to acknowledge there's a personal crisis at hand, where impulsive behaviour is the norm, singing, "I know I shouldn't act this way" in Girl Gone Wild.

This confessional intimacy also makes it difficult to criticize Madonna for imitation, which she does indulge in a bit on MDNA.

To that charge, the material girl is just as much of a smart shopper as she's always been, using the baddest guest stars (including Nicki Minaj and M.I.A.) and the best producers (including Martin Solveig and William Orbit) to bring her sound into now. If she can't define the times, she's certainly not going to be behind them. And really, anybody she's borrowing from wouldn't even be making music if it weren't for her. The race-car bass lines, pumping beats and Skrillex-style monster breakdown would seem forced if not done properly.

But it's Madonna, and even if she is a fish out of water, she can always get into the groove.

The makeup of MDNA

- **Approximate number of times the words "girl" or "girls" are used:** 63.
- **Approximate number of times the word "bitch" is used:** 13.
- **Approximate number of songs that are most likely about Guy Ritchie:** Six and a half.
- **Number of previous Madonna hits referenced by title:** Three.
- **Number of Nicki Minaj guest appearances:** Two.
- **Number of songs with spoken prayers:** Two.
- **Number of songs where a banjo is clearly audible:** One.

Deluxe it up

- The deluxe edition clocks in at more than an hour, which can be a little exhausting, but it features perhaps some of the best songs, including an almost punky duet with M.I.A. called B-Day Song, and the plaintively titled and emotionally raw, I F—d Up. Madonna may not have been the one to make an F-bomb acceptable in a pop song (that honour belongs to Cee-Lo, obviously) but she sure as hell can make it her own.

Criticism

Deadmau5 chastises Madge

Canadian electronic DJ Deadmau5 has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamourize drug use during a recent concert.

The 53-year-old pop star was performing at the Ultra Music Festival in Miami over the weekend when she asked the crowd: "How many people in this crowd have seen Molly?"

Molly is a slang term for the drug MDMA.

The DJ took to Facebook to slam Madonna with an expletive-filled rant condemning her behaviour. "Very classy there Madonna," he wrote on Monday.

"Quite the f'n philanthropist."
THE CANADIAN PRESS

lookunderlearn.ca

ABC LifeLiteracyCanada

DVD reviews

A Dangerous Method

Director. David Cronenberg

Stars. Michael Fassbender, Keira Knightley, Viggo Mortensen

A Dangerous Method concerns itself with psychiatrists Sigmund Freud and Carl Jung and their clinical subject, Sabina Spielrein. Cronenberg and screenwriter Christopher Hampton busy themselves with the dynamics of competing mental health treatments at the dawn of psychoanalysis. A Dangerous Method has the surface elements of Cronenbergian kink: beautiful people giving free rein to their darkest sexual impulses, both in the name of science and the libido.

DVD reviews

Extremely Loud and Incredibly Close

Director. Stephen Daldry

Stars. Tom Hanks, Thomas Horn, Sandra Bullock

The film concerns a troubled New York boy (Thomas Horn), who is following unfathomable clues supposedly left by his dead father (Tom Hanks), who perished in the World Trade Center. The boy, 11-year-old Oskar Schell, wants to visit every one of the people surnamed "Black" in the New York telephone directory. Extremely Loud and Incredibly Close feels wrong on every level. It should have been called Extremely Maudlin and

Five reasons to be excited for R. Kelly's next 'rap opera'

Trapped in the Closet

2. The next installment of R. Kelly's bizarre project is coming, and here's why you should catch up with the series

Good news everybody: R. Kelly is returning with new chapters of Trapped in the Closet. The U.S. based IFC channel announced that new installments of the self-professed rap opera will be released this year. And, if R. Kelly's statements to TMZ have any truth to it, there will be 32 vignettes to enjoy in 2012.

1. In his official statement, R. Kelly called the project an "alien" and said it was "not of this earth."

The song and accompanying videos are so ridiculous that when the rapper introduced the concept of a (originally) 16-minute, multiple part song to his record label, Jive, they didn't know what to do with it, according to producer Ann Carli.

Now, it's a unique viral success that has captivated audiences since 2005. Such is the brilliance of R. Kelly.

2. Despite the fact that all the chapters feature the same beats and melody, the story never gets boring. The soap opera-esque plot twists and turns so much that you'll need notes to keep up with who's who. But, don't worry, he often recaps the action every few installments or so.

3. If you manage to get your hands on a copy of the DVD, you can watch R. Kelly sitting on a plush chair while smoking a cigar and watching Trapped in the Closet on a screen. It's the "Inception" of DVD commentaries – and totally worth watching just to see R. Kelly's insane thought process behind creating the videos. Also, you'll find out that, according to R. Kelly, dresser rhymes with Beretta.

R. Kelly's Trapped in the Closet series has 'morphed into one of the strangest items in pop culture history.' GETTY IMAGES

4. The videos have such a big cultural influence that they've been performed live by multiple U.S. theatre groups, were performed live by R. Kelly at the 2008 MTV Music Video Awards and been spoofed by South Park.

According to HitFix, it's "morphed into one of the strangest items in pop culture history."

5. The first 22 chapters revolved around a one-night stand, a cheating woman, a whole lot of bad wigs, a mysterious "package" that may or may not be alluding to an STD, a gay pastor, a spatula, and Bridget… who's hooking up with a midget. Yep, you read that right.

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ABC LifeLiteracyCanada

DO YOU HAVE THE

INTERNATIONAL ADULT LEARNERS' WEEK

METRO CUSTOM PUBLISHING PRESENTED BY ABC LifeLiteracyCanada

LITERACY AND LIFELONG LEARNING

"Live as if you were to die tomorrow. Learn as if you were to live forever." – ***Gandhi***

Imagine if you couldn't make sense of a simple street sign, read a prescription label or share a bedtime story with your child. For some Canadians all they can do is imagine because they lack the literacy and essential skills that many of us take for granted.

Statistics show that four out of 10 adult Canadians, age 16 to 65 — representing nine million Canadians — struggle with low literacy. They fall below level 3 (high school completion) on the prose literacy scale. It's a sad statistic but true. The good news is that there are hundreds of volunteer organizations across Canada that offer adult learners the opportunity develop their literacy skills and their confidence.

ABC Life Literacy Canada is a non-profit organization that inspires Canadians to increase their literacy skills, and offers resources and contacts for anyone interested in improving everything from reading and writing to math and computer skills. "We can connect adult learners with local literacy organizations for training in a wide range of areas," says Margaret Eaton, President of ABC Life Literacy Canada. "We're proud to have partnerships with more than 400 of these organizations across the country."

Organizations such as ABC Life Literacy Canada are dedicated to helping Canadians build essential skills to be successful in the workforce but also in life. "People want to increase their skills for a number of reasons, not only to find better jobs, but also to play a more active role at home, whether it's to gain a better understanding of household finances, help their children with homework or read a storybook to their grandchildren," says Eaton.

GOING BEYOND THE THREE RS

Although there is, and will always be, a focus on learning the three Rs (reading, writing and arithmetic), a new requirement has emerged — the need for more computer-literate workers.

"We've reached the end of many of the high-wage, low-literacy jobs in heavy industry and manufacturing," says Eaton. "For many businesses it's the knowledge-based jobs that will carry their companies in the future. These jobs require higher levels of understanding, writing and communicating."

LITERACY: A LIFELONG JOURNEY

For Eaton the power of literacy is clear. "Literacy is a wonderful tool that opens up a world of opportunities for individuals and allows them to engage fully and confidently in life's activities — whatever they might be. And learning is a lifelong journey that should never end."

For more information, visit ***abclifeliteracy.ca***

A SPECIAL WEEK TO CELEBRATE LEARNING

This year, the Canadian Commission for UNESCO has declared March 24 to April 1, 2012 as (International Adult Learners' Week). Celebrated in Canada since 2002, International Adult Learners' Week is a celebration of the importance of lifelong learning and adult literacy.

LITERACY AND THE ECONOMY: HOW DOES ONE IMPACT THE OTHER?

Craig Alexander, Senior Vice-President and Chief Economist for TD Bank Financial Group, is a strong advocate for improving literacy levels in Canada. He is also a board member of ABC Life Literacy Canada, a national non-profit organization that inspires Canadians to increase their literacy skills.

Recently, Alexander talked about literacy and the Canadian economy. According to Alexander, the performance of an economy is driven by two factors: first, the size and skills of its labour force; and second, the ability of its economy to innovate through productivity improvements. Literacy is the cornerstone of skills development; it is the foundation upon which other skills are built.

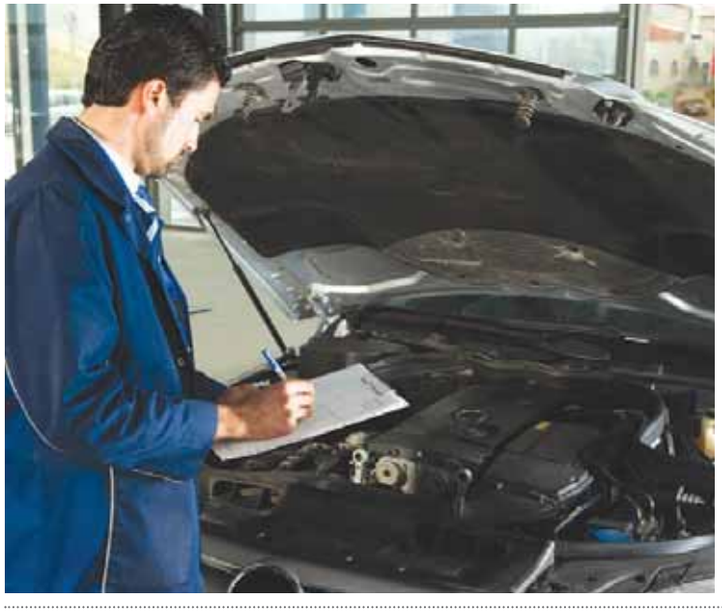
Alexander estimates that weak literacy skills could be costing the Canadian economy as much as $80 billion in lost economic opportunity. Improved literacy skills could create thousands of jobs and would materially help to reduce poverty in Canada.

WHAT CAN BUSINESSES DO?

"Businesses should be engaged in promoting literacy skills development," says Alexander. "This could be done, for example, by helping to fund skills training for employees. However, studies have shown that it is not the cost that is the main deterrent to skills development. In many cases, the individuals needing additional training have difficulty balancing work-life responsibilities."

Steel manufacturer ArcelorMittal Dofasco dealt with the work-life balance issue in a unique way. The company established an essential skills training program that was free to employees, who were also paid for half their time in the classroom. Employees enrolled in 12-class sessions where they were taught literacy, basic computing, keyboarding and business writing.

The most recent mass survey — the 2003 International Adult Literacy and Skills Survey (IALSS) published by Statistics Canada — found that 48 per cent of adult Canadians don't have the necessary literacy skills to achieve their full potential at work, at home and in the community.



SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT LITERACY:

ALMOST 50 PER CENT OF RESPONDENTS SAY THAT THEY HAVEN'T RECEIVED ANY TRAINING OR PROFESSIONAL DEVELOPMENT IN THE PAST YEAR

ONL
TI

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you!

ABC LifeLiteracyCanada

ABC LIFE LITERACY CANADA: TRANSFORMING LIVES

ABC Life Literacy Canada has a clear vision — a Canada where everyone has the skills they need to live a fully engaged life. It's this vision that the national non-profit and its many supporters and ambassadors have been working tirelessly towards for more than 20 years.

With a focus on inspiring Canadians to increase their literacy skills, the national non-profit organization focuses its efforts on moving the cause forward. The organization connects and mobilizes business, unions, government, communities and individuals to support lifelong learning through various programs, communications and partnerships.

SUPPORTING ADULT LEARNERS WITH RESOURCES ACROSS CANADA

Visitors to the ABC Life Literacy Canada website (abclifeliteracy.ca) will find a list of programs, useful resources and links, such as LEARN, that help adult learners and their families connect with literacy organizations in their area. LEARN, Canada's first national literacy campaign, has been running successfully since 1994. Thanks to The Yellow Pages Group™, LEARN has assisted learners coast-to-coast in seeking help to improve their literacy skills.

MAKING FAMOUS CANADIAN AUTHORS ACCESSIBLE TO EVERYONE

Adult learners who want to enjoy a great read from a best-selling Canadian author can check out Good Reads®. Through this program, learners can enjoy short books (10,000 to 12,000 words, about 100 pages), with easy-to-understand vocabulary and structure. Good Reads encourage reading practice, develop reading skills, and increase reading confidence. The list includes works of fiction from best-selling authors like Joy Fielding. There are also non-fiction choices including, *Easy Money,* written by financial literacy expert and TV star Gail Vaz-Oxlade.

HONOURING EXCELLENCE IN ADULT LITERACY

Each year, ABC Life Literacy Canada celebrates the achievements of exceptional learners and practitioners with four annual awards to honour excellence in the areas of journalism, learning centres, workplace literacy and corporate commitment.

For more information about ABC Life Literacy Canada, please visit ***abclifeliteracy.ca***

FAMILY LITERACY DAY

Held annually on Jan. 27, Family Literacy Day was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together, and to encourage Canadians to spend at least 15 minutes enjoying a learning activity as a family every day.

LY 1/3 OF RESPONDENTS FEEL HAT THEY LEARN EVERY DAY

OF THE NINE ESSENTIAL SKILLS, RESPONDENTS FEEL THE GREATEST NEED FOR IMPROVEMENT IS IN CONTINUOUS LEARNING, COMPUTER USE, AND ORAL COMMUNICATION

! Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation.

HELPING ADULT LEARNERS MOVE ON

For the staff at Alexandra Park Neighbourhood Learning Centre (APNLC), it's all about helping adult learners move on to "the next step."

APNLC helps learners develop skills in the areas of reading, writing, numeracy, digital technology, self-management and self-direction, and working with others. According to intake worker Katie McLeod, the support doesn't end there. "We also support learners in the process of applying for college and university programs, post-secondary and apprenticeship programs, volunteer positions, and various employment opportunities."

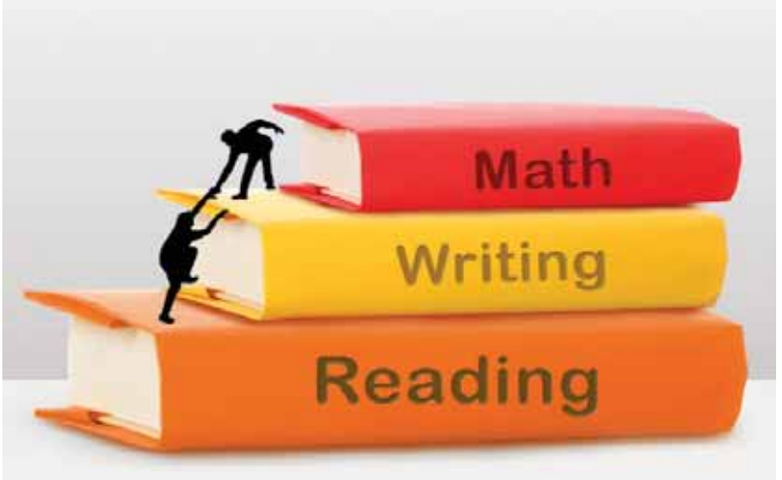
As an intake worker at APNLC, McLeod is the first person new learners meet when they start their programs. "I'm always struck by how incredibly strong they are and how determined to overcome the barriers they've faced and continue to face," she says.

"For many learners, an adult literacy program is the first place where they feel their innate talents and interests are recognized and encouraged to flourish. It may be the first time they feel excited about learning. Having the opportunity to work in this environment with these people has enriched my life in so many ways," McLeod says. "The adult learners I've met in our program have inspired me to pursue my own path of lifelong learning."

One of the adult learners she has been working with over the past few months is Anne Comrie, who immigrated to Canada from Jamaica 30 years ago. Comrie's goal in taking the literacy program at APNLC is to enhance her skills so she can pursue a college diploma. "The program offers so much," she says. "The support I receive from Katie and others at the centre is helping me enhance my reading, writing and comprehension skills and my computer skills. There are also Money Matters sessions that give valuable advice on how to manage my money." With everything she's learning, Comrie feels more confident about her skills and her prospects for the future.

HOW TO CELEBRATE

Do you need to improve your skills to land your dream job? Are you a new Canadian looking to improve your English language skills? Do you want to get your GED? Contact the ABC Line to find a free program. Call 613-233-3232 or visit www.occl.ca/contact.htm.



Learn More. Achieve More.

If you or an adult you know would like to improve reading, writing or math skills, look under LEARN in the Yellow Pages™ or visit www.LookUnderLearn.ca

ABC LifeLiteracyCanada

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Are you prepared?

Jennifer Aniston GETTY IMAGES

Half a million in gifts? Life ain't shabby for Jennifer's main man

Dating Jennifer Aniston apparently has its perks, including lavish gifts.

The former Friends star has reportedly bought beau Justin Theroux around $500,000 worth of extravagant presents, including a $12,000 leather jacket that belonged to James Dean and a pair of high-end motorcycles, according to Grazia magazine.

"Neither Jen nor Justin seem embarrassed that she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves," a source says. Of course, the showering with gifts isn't a one-way street: "Justin loves buying Jen little gifts and going out of his way to show how much he cares," the source adds. "This is not a one-sided relationship at all, and Jen feels she is the luckiest girl in the world."

The Word

There he is, Miss Universe Canada?

THE WORD
Dorothy Robinson
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Is the world ready for a transgender Miss Universe contestant?

The quick answer to this is: No.

The longer explanation has to do with beauty pageant contestant Jenna Talackova, 23, who made it to the finals in the Miss Vancouver pageant, but was ultimately ruled ineligible due to her being biologically male. The 6-1 stunner did well — and even made it to the finals — but was disqualified after organizers learned she wasn't a naturally born female, according to CTV News.

"Jenna Talackova from Vancouver, British Columbia, will not compete in the 2012 Miss Universe Canada competition because she did not meet the requirements to compete despite having stated otherwise on her entry form," Miss Universe Canada organizers said in a statement. "We do, however, respect her goals, determination and wish her the best."

According to CTV News, Talackova started hormone therapy at 14 and had gender reassignment surgery at 19.

Talackova is claiming discrimination, which Miss Universe Canada national director Denis Davila refutes, telling CTV News, "We have to have the facts straight. There is no discrimination here at all. You can look at it the way she wants to look at it ... but we all have to follow the same rules."

Miss Universe Canada says that Talackova indicated on her registration form that she was born a female but later admitted that she was born a male, India Today reports.

Here's the thing: Whether you are applying for a job at Arby's or as a beauty pageant contestant in Canada, you can't lie on your application form.

And, as a woman, I can see where this is tricky. Women already earn, on average, 23 per cent less than our male counterparts in the working world.

Sadly, beauty pageants are one constant where we can compete on a level playing field.

A playing field where we compete in high heels and fake eyelashes, but a fair one nonetheless.

On the other hand, she doesn't look like she had any less work than the rest of Miss Universe contestants, so what's the big deal?

Jenna Talackova, transgendered contestant ousted from Miss Universe Canada 2012 competition, is pictured here in a Model Mayhem.com portfolio photo.
MODELMAYHEM.COM

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Put away the pills; pain may be rooted in your self

Dig below the surface if you are suffering.
"The pain detective" is urging patients to look at the role stress plays in your injuries

CELIA MILNE
wellness@metronews.ca

Got pain?

If so, look at the big picture, says Dr. Hillel Finestone, who treats patients suffering from painful conditions.

Finestone, a.k.a "the pain detective," says that injuries and wounds can take longer to heal if you are going through a difficult time, perhaps struggling with the loss of a job, stressed out by a breakup or divorce, being mired in a toxic relationship, or having been abused as a child.

"Psychological stress is associated with a slower or delayed healing of wounds or injuries," says Finestone, director of stroke rehabilitation research at the Elisabeth Bruyere Hospital in Ottawa.

In his career treating patients with back pain, neck pain, fibromyalgia and other pain conditions, Finestone tries to focus on the whole person and what else is going on in their life, and not just the sore part. He has published scientific articles on the effect of stress on healing, and also wrote a book called The Pain Detective: Every Ache Tells a Story.

Ergonomic problems, such as uncomfortable chairs or a badly set-up workstation, can also keep you in pain.

"Millions of dollars are spent on pain-related medication," says Finestone. "Paying attention to the whole person could produce better outcomes, reduce disability and save money."

Analysis

What to do about your pains

Dr. Hillel Finestone, the author of The Pain Detective, has some advice for getting to the bottom of your pains.

"Never underestimate the ability of your life and feelings to affect your health in both negative and positive directions. Ask yourself, What's going on in my life that could be causing my muscles to tense up, thus leading to a worsening of my back or neck pain? Can my negative mood be affecting my desire to exercise, leading me to eat too much, smoke more and live in an unhealthy way?"

If back pain is consuming your life, there are ways to get rid of it, sans pharmaceuticals. ISTOCK PHOTOS

3 LIFE

Coregasm

Exercise orgasms

Researchers at Indiana University have anecdotal evidence that exercise can lead to female orgasm. Exercises that can induce an orgasm are abdominal exercises, biking/spinning, climbing poles or ropes and weight lifting. The phenomenon is referred to as 'coregasm.'

Muscles

Hockey workouts

If Kate Middleton stays so slim and toned by playing hockey, then we are sure to be giving it a go. She has great legs, and we're hoping squeezing a couple of games in will have the same effect on us.

METRO WORLD NEWS

On the Web

Feds extend funding for northern tuberculosis research, testing

Give your Legs a Facelift!

VARICOSE VEINS
Painful veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

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The four get fit rules for spring

New season. Spring isn't the time to start slacking off, says trainer David Kirsch, the man responsible for getting Heidi Klum fit

ROMINA MCGUINNESS
wellness@metronews.ca

With winter now over, revisit those New Year's resolutions you set for yourself. ISTOCK PHOTOS

Want to kick yourself back into shape? Start moving, says trainer David Kirsch.

"Whether you walk, jog or get on a cardio machine, it's all about increasing your expenditure" he tells Metro.

"That and conscientious eating — being aware of what and how much you put into your mouth — are the toughest changes you need to make before anything else."

Dress light, eat right

In the winter we like to fill our bellies with comfort food, favouring starchy carbohydrates, such as white bread and pasta, over fruit and vegetables.

"In the spring you need to lighten your meals in the same way you lighten your clothes," says Kirsch.

"Eat plenty of lean proteins such as chicken, fish or eggs and stock up on green vegetables, grains, and pulses."

Try an egg white omelet for breakfast, a protein packed salad for lunch (no sandwiches), a handful (eight) of almonds in the afternoon, with lean protein with vegetables for dinner. Nothing else. Stick to these guidelines and the weight will start to drop off.

Set realistic goals

Kirsch believes that the biggest mistake people make is setting themselves unrealistic goals they won't achieve in the long run.

Quote

"In the spring you need to lighten your meals in the same way you lighten your clothes. Eat plenty of lean proteins such as chicken, fish or eggs and stock up on green vegetables, grains and pulses."

David Kirsch, trainer
Talking about shedding pounds.

Unless you have a clear sense of where you want to go and how you are going to get there, you won't get any results.

Take whatever issue you have with yourself and turn it into a realistic option.

"Don't look at a magazine and decide you're going to look like Jennifer Lopez or Ryan Gosling in one month. ... You have different bodies, what works for J-Lo may not work for you," he says.

A fitness routine is a bit like a haircut; it needs to suit you. Book a consultation with a health expert to know your measurements and assess your fitness levels.

"Once you have that clear, devise a plan that makes sense to you," says Kirsch.

There are no shortcuts

If you want to reach your optimum weight and fitness level, you need to diet and exercise.

Neither one is truly efficient without the other. You need to be 100 per cent dedicated, not 80 per cent.

"I go crazy when someone tells me they need to lose 20 pounds before they can start working out because they're afraid that the extra weight will turn into bulk," says Kirsch.

The truth is the more lean muscle you have in your body, the more fat you will burn.

Burn even more fat

Spending 45 minutes to one hour alternating between cardio and weights (non-stop) is the most efficient way to burn fat.

"Whether you run, jump or do circuits, aim to get your heart rate up and never allow your pace to drop," says Kirsch.

So are you ready to commit?

There's a few months left before summer. Make them count.

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THIS WEEK: When it Comes to Oral Health, Women are From Venus!

Skin care

Go deeper with skin protection

You know how damaging sun exposure can be to your skin — UVA and UVB rays lead to wrinkles, premature skin aging, brown spots and worse.

Here's the bad news: it looks like UVA/UVB rays are not the real villains.

New research suggests that infrared radiation — specifically IRA — penetrates the skin deeper than UVA and UVB rays, causing free radical damage and diminishing your skin's antioxidant capacity.

Even the best sunscreens only block up to 55 per cent of UV-induced free radicals, and none of the IRA-induced free radicals.

To the rescue: Skinceuticals new Physical Fusion UV Defense SPF 50 ($39), an ultra-sheer, mattifying, broad spectrum sunscreen with translucent colour spheres to enhance your natural skin tone.

METRO WORLD NEWS

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Good morning. The workout

This sequence from David Kirsh's Butt Book will help get you ready for spring.

Step 1

Start upright, feet shoulder width distance apart, hands behind your head.

Step 2

Keeping your core engaged, hinge at the waist, keeping your back flat.

Modification

Cross your hands over your chest and bend your knees slightly.

Hinge only partially if you have problems with your lower back. METRO WORLD NEWS

Kirsch's choice. The interval workout

You already did the hardest move when you got out of bed. Now it's time to burn some calories.

Step 1

Start out on the elliptical machine; most will have a pre set fat burning program so use it.

Stay on there for anywhere between 30 to 45 minutes. Workup a sweat, get out of breath and once this starts feeling easy you can move on to the next part.

Step 2

Do two 250-meter sprints on the rowing machine, alternating with five minutes on the gauntlet at level six or seven in between.

Repeat this circuit twice.

METRO WORLD NEWS

Expert opinion

Depression days are over

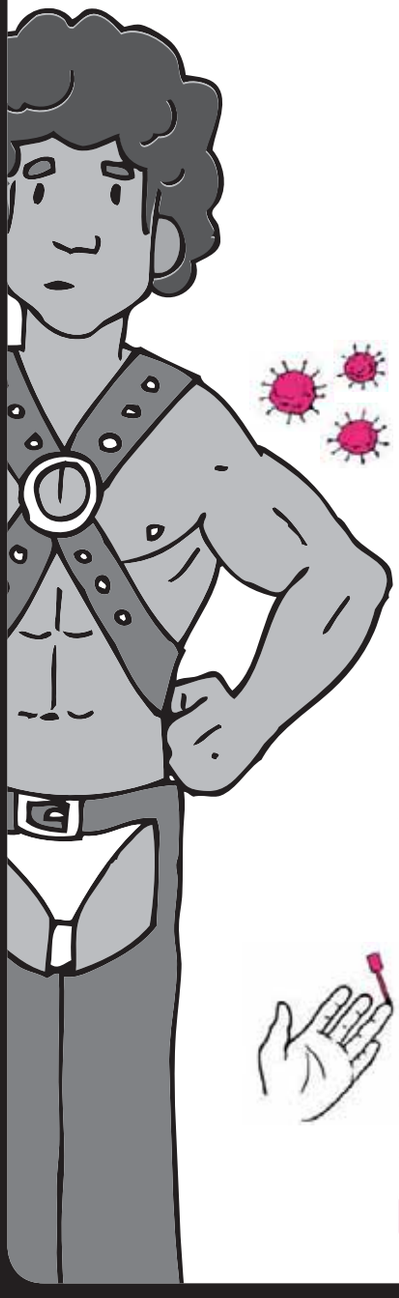
Dr Richard Bowskill, a psychiatrist at London's Priory Clinic, speaks about how the time switch can trigger changes.

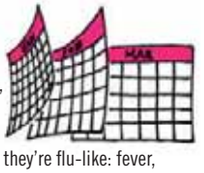
"When the clocks go back in the autumn, people often suffer from seasonal affective disorder (SAD) as their 24-hour body clock (the circadian rhythm) is disrupted. This can trigger a drop in energy levels and in some people, depression. The good news is that winter is officially over and as the days get longer, we can spend more time soaking up the sunlight. Springtime can cause a massive switch in behaviour in those most sensitive to the changes in light. Those that were feeling down and lethargic can become overactive and energized overnight."

Free and easy.

Bareback, gloveless love, sex without a condom. Call it what you want but unprotected anal intercourse is risky and considered to be "high risk" for transmitting HIV. In Ontario, guys who have sex with guys continue to be greatly affected by HIV and syphilis.

That's why we launched Get on it. – a campaign that provides information to help you make an informed decision about when, where, and why you need to be tested for HIV and syphilis.





The signs.

In most people, an early HIV infection has symptoms and they're flu-like: fever, sore throat, swollen lymph nodes, headache, and muscle pain. You can also get a rash. Sounds just like being sick right? Well, if you're having unprotected sex, and you experience these symptoms two to four weeks after your saddle-free bromance, then you should get tested. Watch for the signs.

Being easy.

No we're not talking about you - we're talking about transmission. Having an STI (sexually transmitted infection) like syphilis can make it easier to get HIV, or to pass it on. You might as well get tested for syphilis when you get your HIV test. Don't make transmission easy!

The early bird gets the worm.

Knowing the signs, the symptoms, and when to get tested will lead to healthier outcomes. Early detection means earlier treatment, which is good for your health and can reduce transmission to others. We're all in this together and knowledge is power.

Get pricked.

(We mean your finger.) HIV testing at the Sexual Health Centre is fast, easy, and totally anonymous. We're making it so easy for you that for the next few weeks we've extended our hours and opened clinics across the city. Find a clinic, show up, get a number, and get tested. Four steps; results in 20 Minutes. It couldn't get easier.

Get on it.

Sexual Health Centre de santé-sexualité

For guys into guys.

come-on-in.ca

Head to El Tucan for deep-fried ice cream like no other

Chicken Quesadilla ($7.95) SHARI GOODMAN

LUNCH RUSH
Shari Goodman
life@metronews.ca

On a warm March day, I stepped into El Tucan, where the heat was cranked, the TV was off and the tables were empty though covered with red plastic tablecloths.

El Tucan offers authentic Salvadoran (such as pupusa and tamales) or Tex-Mex dishes (such as nachos or burritos). Not feeling too adventurous in this quiet café, I opted for a chicken quesadilla.

While I waited, I sipped on Horchata, one of my favourite drinks enjoyed on a recent trip to Mexico. But my straw sucked up chunks of drink-mix powder and crushed my expectations.

The chicken quesadilla was filled generously with seasoned, shredded chicken, a few flakes of jalapeño, and soft Mexican cheese with its distinctive pungent flavour. The tortilla was crisp and the meal satisfying.

For dessert, I indulged in the Helado Frito, deep-fried ice cream coated with Corn Flakes and served with a mountain of whipped cream. It's a dish filled with texture, temperature and taste that never disappoints.

Visiting the restaurant

El Tucan

Address. 85 Montreal St.

Phone. 613-749-2317

Website. slicedgourmet.com

Rating. 3/5

Price range. $

Reservations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Tuna Melt Sandwich. A childhood favourite gets a healthy makeover

1. In bowl, combine red onion, spinach, mayo, tuna and pepper. Use fork to mash mix until mayo is evenly distributed.

2. Place toasted bagel halves on foil lined baking sheet. Divide tuna mix among bagel halves. Top evenly with cheese.

3. Bake in centre of 425 F (220 C) oven 5 mins. or until cheese is melted. Turn broiler to High and broil 3 mins. or until cheese is bubbling and starting to brown. **NEWS CANADA/ PRESIDENT'S CHOICE/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOK.CA)**

Ingredients

- 3 tbsp (45 mL) finely chopped red onion
- 2 cups (500 mL) packed baby spinach leaves, chopped
- 5 tbsp (75 mL) light mayo
- 1 can (170 g) wild albacore flaked white tuna in water, drained
- 1/8 tsp (0.5 mL) freshly ground black pepper
- 2 thin multigrain bagels, lightly toasted
- 2/3 cup (150 mL) light triple shredded cheddar cheese

Chicken and potato hand pies burst with spicy Indian flavours

The trend of Indian food continues to heat up, and these spiced chicken and potato hand pies will be a show stopper as a snack, appetizer or main dish.

Serve them with mango chutney, tamarind sauce or raita (traditional yogurt and cucumber dip).

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1. Heat the oven to 200 C (400 F).

2. Remove the pie shells from the freezer and let them thaw at room temperature for about 10 to 15 minutes.

3. In a small saucepan, heat the olive oil over medium-high. Add the grated onion, minced garlic and grated potato, and sauté for about 3 minutes. Add the curry paste and continue to sauté until the potato starts to cook. Add the peas and water and cook everything for about 3 more minutes or until water is almost gone. Remove from the heat and set aside to cool.

4. Remove the deep-dish pie shells from their foil and gently flatten them onto clean, flat, lightly floured work surface. If cracks appear in the pastry, press it together and repair it using fingers moistened with water. Cut each pie shell into 4 equal quarters.

5. Combine the potato mixture with plain yogurt, diced chicken, salt and pepper.

6. Divide the curry mixture evenly, about 15 ml (1 heaping tbsp) per pie. Mound the mixture in a strip lengthwise down the middle of the triangle, making sure to leave a 5-mm (1/4-inch) edge.

This recipe serves four. THE CANADIAN PRESS H/O

7. Brush the beaten egg around the filling on the edges of the pastry. Fold the pastry lengthwise over the top of the filling, creating a narrower triangle. Gently press the edges together and crimp them using a fork.

8. Bake the Indian Hand Pies for about 12 to 15 minutes or until the pastry is a nice golden colour. Let the pies rest for 10 minutes before serving them with mango chutney, tamarind sauce or raita. **THE CANADIAN PRESS/ TENDERLFLAKE**

Ingredients

- 2 frozen deep-dish pie shells
- 5 ml (1 tsp) olive oil
- 30 m (2 tbsp) grated onion
- 5 ml (1 tsp) minced garlic
- 75 ml (1/3 cup) grated Yukon potato
- 7 ml (1 1/2 tsp) mild curry paste
- 50 ml (1/4 cup) frozen peas
- 45 ml (3 tbsp) water
- 75 ml (5 tbsp) 2 per cent plain yogurt
- 125 ml (1/2 cup) cooked and sliced chicken breasts or left over chicken chopped into 5-mm (1/4-inch) dice
- Salt and pepper, to taste
- 1 egg, beaten

SPRING FASHIONS ARE ARRIVING DAILY WHILE THE TRANSFORMATION CONTINUES ON THE CORNER OF BANK & QUEEN!

ENJOY A MEAL IN THE EXPANDED FOOD COURT

DES ARTICLES DE MODE DU PRINTEMPS ARRIVENT TOUS LES JOURS PENDANT QUE LA TRANSFORMATION SE POURSUIT À L'ANGLE DES RUES BANK ET QUEEN!

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Would you give up sex for the Internet? ISTOCK

Americans value Internet over chocolate, alcohol, sex?

Addiction. A new study reveals Americans would rather forgo everyday pleasures than lose access to the web

ROMINA MCGUINNESS
MWN in London, UK

The Internet: are Americans well connected, or addicted?

According to a new survey conducted by the Boston Consultancy Group (BCG), a little bit of both. In order to quantify the extent to which people valued their time spent surfing the web, BCG asked what people would be willing to live without in order to remain connected to the Internet.

A lot apparently: 83 per cent said they'd give up fast food, 77 per cent chocolate, 73 per cent alcohol, 69 per cent coffee and 21 per cent said they would forgo sex for an entire year.

"Whilst we found the survey results surprising in terms of what U.S. consumers are willing to give up in order to keep Internet access, what they reveal is how deeply the Internet has engrained itself in daily life in the U.S.," Paul Zwillenberg, partner at The Boston Consultancy Group and co-author of the report, tells Metro.

The Internet attracts 1.6 billion global users daily, a figure expected to rise to 3 billion by 2016. By then, half of the world's population will be online. But what makes Americans click? Access to global search engines, such as Google and e-mail, as well as online banking and investing were some of the things most valued by Americans.

Talking money

- **Contribution to the global economy:** The Internet contributes $2.3 trillion to the global economy and is expected to grow to $4.2 trillion in about four years.

The Internet economy is the eighth-largest sector in the U.S. and is currently growing at 6.5 per cent a year, giving Americans a reason to believe it could eventually help pull their country out of recession.

Whereas in the past, things like alcohol, sex and chocolate were immune to changes in the economy, none of them have ever had the power to boost a country in crisis like the Internet.

According to Zwillenberg, the perceived value U.S. consumers themselves believe they receive, over and above what they pay for devices, applications, services and access, known as the 'Consumer Surplus,' amounts to $2,528 per person.

Michelle Obama should be taking notes for her 'Let's Move!' fitness campaign: instead of trying to get Americans fit the conventional way — diet and exercise — she should get the President to ban the Internet.

It seems like an efficient (and faster) way to get the entire country to detox.

Adultery. More and more career women having affairs, according to site

KIERON MONKS
Metro World News

Think twice before you marry a doctor. Leading extramarital affairs websites say health care is the most common profession for its members.

"I think its down to stress," IllicitEncounters.com spokeswoman Rosie Freeman-Jones told Metro.

"They work difficult jobs, it puts stress on their home life and they lose the sex drive completely with their partner. Carers want something that's just for them."

The largest such website, with a reported 13.6 million members is Ashley Madison, and CEO Noel Biderman told Metro that in addition to health care, the staple clients are high-ranking professionals because "they are risk-takers with a lower tolerance to boredom."

Biderman claims the site is seeing a rapid acceleration in female membership, and considers it another step toward sexual equality.

"Female infidelity is not catered for by massage parlors, the Internet levels the playing field. History tells us female infidelity jumped when they entered the workplace. To an extent this is equalizing the gender balance."

The websites claim they are merely serving a demand rather than adding to it, and some members say a forbidden liaison can improve their married life.

"I'm so much happier," Illicit Encounters member Georgia, 35, told Metro. "It's basically about sex — I have compassion at home. I would have been disgusted to do this when I got married but I think my marriage would be failing without it."

Divorce rates rose in the U.K. and U.S. in 2011, but although one in three arise through infidelity, the U.K.-based relationship expert group Relate is unsure if websites can be blamed.

"Infidelity has always been a fact of life," counsellor Christine Northam told Metro. "We don't know if websites cause more but they make it much easier."

Ashley Madison's staple clients are high-ranking professionals because "they are risk-takers with a lower tolerance to boredom." ISTOCK

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Advice

Don't deal with a dog

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear Sisters,
I'm a freelancer and often work from cafes around town, where I meet interesting people. Lately I've been chatting with a guy who has made it clear he's interested — always making eye contact, asking what I do, offering to share food with me, and generally showing interest in me. He's cute — or he was until he happened to mention that he's in a relationship. What's up with the mixed signals?
Confused but caffeinated!

Andrea: Dear CC,
It's pretty obvious that this guy is a dog. He sees something shiny, shakes his tail and wants to play fetch. But, as cute as he may be, it'd be rude to kidnap someone else's puppy, now wouldn't it? Thankfully the blood did eventually flow back to his brain when he mentioned his relationship.

The way things were going, it sounds like you dodged a bullet there. The fact that he's still flirting with you though, does mean that he and/or his relationship has issues. He may see you as a great distraction, or a valid option to avoid loneliness should he break things off ... or he may see you as flirtatious fun. Either way, you don't need to get into this mess.

Claire: Dear CC,
What's that saying: You can window shop, you just can't buy. Maybe he's window shopping his brains out, flirting via muffins and other baked goods because it makes his day a little more fun. I'm trying to put myself in his shoes — I think we've all done this at some point — enjoyed our attraction to someone all the more because it doesn't have to go anywhere. I know for a fact that I was a much better flirt when I was married, because I felt safe and strong.

And yes, it might indicate that his relationship isn't in great shape, but that's not for you to worry about.

Conquer savings paralysis by being a 1% superhero

Baby steps. Why not give yourself a raise? Increase your savings by a little bit each year until you reach your goal.

YOUR MONEY
Alison Griffiths
money@metronews.ca

Is your savings plan a one step forward, two steps back exercise? Do you make tons of excellent resolutions, only to do a financial face-plant when temptation beckons? Or perhaps you get distracted by job, family, life and never manage to keep track so you really don't know where you are.

If you fit into one or more of these scenarios, a rescue by Superhero/ine 1% is in order. Yes, such a character exists — in fact, Marvel Comics has been beating down my door for the rights.

But while I'm waiting on millions in royalties, let's put Superhero/ine 1% to work for you.

Say you earn $50,000 and are saving three per cent of your income ($1,500) annually by contributing to an RRSP, TFSA or a savings account.

Ten per cent is usually the gold standard for savings. But getting to 10 per cent from three is like trying to lose 25 pounds in a couple of weeks. Maybe you can do it, but maintain it? Tougher.

If you stick with the current savings rate and manage a four per cent return over the next 10 years, you'll have just over $18,500 tucked away. I'm also adding in a salary boost of two per cent annually and assuming inflation is three per cent.

Now, take the hand of Superhero/ine 1% and increase your savings rate from three to four per cent annually ($2,000). After 10 years you'd have more than $24,600 squirrelled away. If this money is contributed to an RRSP, the net gain will actually be higher as your taxable income will be reduced.

Here's where Superhero/ine 1% really produces magic. If you can increase your savings by a single percentage point every year you'd have $52,300 in hand.

Granted, at the end of 10 years your savings rate would be 13 per cent of income. To many that's too big a leap. Not only that, you might be saying, "In your dreams!" when looking at my salary increase projection of two per cent annually.

My point is that by increasing your savings a small amount annually or until you reach a specific goal — say 10 per cent of income — you can conquer savings paralysis.

And it's all thanks to Superhero/ine 1%. You can play with your own figures with The New York Times' The 1% more saving calculator. (Visit nytimes.com and go to the Your Money section. From there, search for "The 1% more calculator.")

Alison's money rule

"Wealth will be in your future just by increasing savings by a small percentage annually."

How much are we saving?

- **Nest eggs.** 2.3% of gross income (or 4.9% of after-tax income) is the average Canadian savings rate.

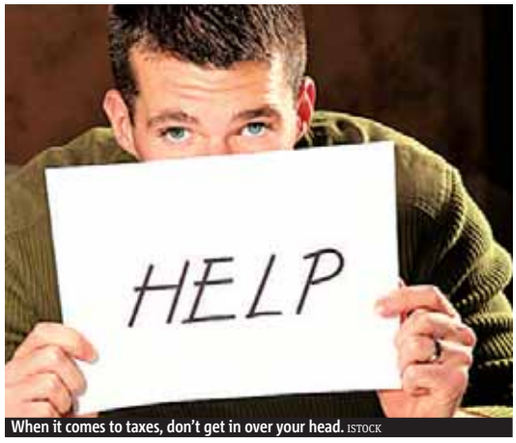
ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

As your earn more, make sure to save more. ISTOCK

When to get tax help

Don't be a hero. Before you sit down with a calculator and a brown paper bag (to breathe into) consider using a professional tax advisor.

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter



When it comes to taxes, don't get in over your head. ISTOCK

Sitting on the fence about hiring a tax advisor? Professional tax advisors can help you file your taxes on time and correctly. They can optimize your unique tax situation by determining the appropriate credits and deductions and help you plan your taxes for the future.

It's a good idea to hire a professional advisor when:

You are not sure how or you don't have time to prepare your own taxes. Don't take chances on your taxes. Get them prepared correctly and on time. If you file them incorrectly or late, there can be penalties and adjustments.

You have experienced a major life event. If you have moved, married, divorced, had a child or experienced death or disability within your family; your tax considerations are more complex. Hiring an advisor will help you navigate through the details.

You own a business, or have multiple streams of income. If you're running a business from your home, own a business, work multiple jobs, own rental properties or have freelance income, there are unique tax rates, rules and write-offs associated with these forms of income.

You have experienced a major change in your financial situation. If you won the lottery, filed for bankruptcy, are being audited, made or lost a significant amount of money; your tax rate, benefits and legal obligations may have changed.

If you're going to hire a tax advisor or tax accountant, get a referral from a friend or family member. Affordable, professional tax services are also available through firms like H&R Block (hrblock.ca).

Always get yourself organized before meeting with a tax advisor; gather your prior returns, tax slips, receipts and make notes of relevant information. This will save the advisor time and you'll save money.

If you have time and knowledge to prepare your own taxes correctly, go for it. You'll save money on tax advisor fees. Typically, if your tax situation is straightforward, your return should be also.

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4 SPORTS

Final Four

Vegas gives the odds to Wildcats

Sin City casinos are sticking with Kentucky and Ohio State as Final Four favourites and still think the Wildcats have by far the best shot of winning the NCAA title. Odds put out by Nevada casinos after the matchups were set show they think Kentucky — the No. 1 seed overall in the tournament — has a 52 per cent shot at the title despite needing to win two more games, gambling expert RJ Bell of pregame.com told The Associated Press. Casinos believe Ohio State has a 25 per cent chance, Kansas a 15 per cent chance and Louisville an eight per cent chance, Bell said. Kentucky meets Louisville and Kansas plays Ohio State on Saturday.

THE ASSOCIATED PRESS

NFL

Payton could 'probably' coach during appeal

NFL commissioner Roger Goodell might allow Sean Payton to coach the Saints while he appeals his season-long suspension for his role in the team's bounties program. "I said in a letter they have to appeal by April 2, I believe," Goodell said Monday at the owners' meetings in Palm Beach, Fla. "If he decides to appeal, I probably will allow him to continue and I would expedite the hearing and I would expedite my decision." Payton's agent, Donald Yee, said "no decisions have been made about an appeal" by his client.

THE ASSOCIATED PRESS

Canadian goalkeeper Michal Misiewicz gives up the game-tying goal against Cuba Monday night in Nashville, Tenn. FREDERICK BREEDON/GETTY IMAGES

Canadian collapse in final minute

Soccer. Cuba scores in 91st minute, ties Canada 1-1 in CONCACAF Olympic qualifier

Monday's game

Canada	Cuba
1	1

Canada moved on to the semifinals but missed out on a chance to clinch first place in its group at the CONCACAF men's soccer Olympic qualifying tournament.

Evan James scored for Canada, which gave up a late goal to Cuba in a 1-1 draw on Monday.

Lucas Cavallini charged the Cuban goal then passed back to James, who fired a low shot to the far corner that gave Canada the lead in the 24th minute.

But Maykel Reyes tied the game in injury time after heading in a ball on a free kick past Canadian keeper Michal Misiewicz.

Russell Teibert nearly made it 2-0 on a free kick in the 70th minute, but Cuban goalkeeper Odisnel Cooper stretched to tip the ball over the net.

Canada entered the game in prime position to win Group A after a stunning 2-0 upset of the United States on Saturday.

Now Canada will move on to the semifinals in Kansas City. The two tournament finalists qualify for the London Games.

The final group positions were still to be decided with the U.S. and El Salvador also in action. A U.S. win will give the Americans top spot in Group A, meaning a less favourable semifinal matchup for Canada.

THE CANADIAN PRESS

Steve Weatherford punts for the New York Giants in January.

NICK LAHAM/GETTY IMAGES FILE

NFL. Kickoff rule helps reduce concussions: League

Moving kickoffs up five yards last season did exactly what the NFL sought, reducing concussions.

"The kickoff rule had an effect on the game," said Rich McKay, chairman of the league's competition committee. "There was a 40 per cent reduction in concussions on that play."

The league repeatedly has said the change to kicking off from the 35-yard line was done solely for player safety. McKay said Monday at the owners' meetings in Palm Beach, Fla., it served that purpose. But he admitted surprise that total kickoff returns dropped 53 per cent.

For all plays, concussions were down 12.5 per cent, from 218 in 321 games in 2010 to 190 in 320 games last season.

Owners will vote this week to enhance player safety by outlawing horse-collar tackles on passers in the pocket, a proposal made by the Pittsburgh Steelers.

THE ASSOCIATED PRESS

Blue Jays

McGowan signs extension

Pitcher Dustin McGowan has signed a two-year contract extension with the Toronto Blue Jays, the club announced Monday.

The deal pays him $1.5 million US per season in 2013 and 2014 with a club option for 2015 worth $4 million.

He signed a one-year deal in December for $600,000.

The oft-injured 30-year-old missed the 2009 and 2010 seasons and most of 2011 due to shoulder operations. McGowan pulled himself out of a game over the weekend with what was diagnosed as plantar fasciitis. He is currently listed as day-to-day. THE CANADIAN PRESS

NHL

Daniel Sedin

DARRYL DYCK/THE CANADIAN PRESS FILE

Canucks confirm Sedin is concussed

Vancouver Canucks coach Alain Vigneault said Monday that winger Daniel Sedin has a concussion.

But the team stayed mum on Sedin's condition, or possible return before the playoffs.

"He's got a concussion, and when we have something more to say, we'll say it," said Vigneault. "We're just going to follow the (concussion) protocol, and when we have more, we'll share it with you."

THE CANADIAN PRESS

Soccer

'Encouraging progress' for Bolton's Muamba

Bolton midfielder Fabrice Muamba is eating again and has been able to leave his bed as he maintains "encouraging progress" in his remarkable recovery from a mid-game cardiac arrest March 17.

A joint statement from Bolton and the London Chest Hospital on Monday says Muamba remains in intensive care "where his condition is serious but stable." THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	75	47	21	2	5	206	168	101	26-10-0-2	21-11-2-3	5-5-0-0	W1
d-Boston	75	44	28	1	2	244	184	91	22-13-1-1	22-15-0-1	5-5-0-0	W2
d-Florida	75	36	24	5	10	186	206	87	20-9-1-9	16-15-4-1	5-2-0-3	L3
x-Pittsburgh	75	47	22	3	3	253	195	100	27-8-2-0	20-14-1-3	8-1-1-0	W1
x-Philadelphia	75	44	23	2	6	238	208	96	21-11-1-4	23-12-1-2	7-2-0-1	W2
New Jersey	76	42	28	2	4	206	200	90	20-13-0-4	22-15-2-0	5-4-0-1	L2
Ottawa	76	38	28	6	4	230	223	86	20-15-2-2	18-13-4-2	4-4-0-2	W1
Washington	76	38	30	4	4	205	214	84	24-10-2-2	14-20-2-2	6-2-1-1	W1
Buffalo	76	37	29	4	6	197	209	84	20-11-3-5	17-18-1-1	7-1-0-2	W4
Winnipeg	75	35	32	4	4	201	217	78	23-11-1-3	12-21-3-1	5-5-0-0	L1
Tampa Bay	74	34	33	4	3	209	252	75	23-14-1-1	11-19-3-2	4-5-1-0	W2
Carolina	76	30	31	9	6	202	228	75	19-13-1-5	11-18-8-1	5-4-1-0	L2
Toronto	76	33	34	4	5	217	239	75	16-14-3-4	17-20-1-1	3-5-0-2	L1
NY Islanders	75	31	33	7	4	180	224	73	15-16-5-1	16-17-3-2	5-3-1-1	W1
Montreal	76	29	34	4	9	197	211	71	14-15-2-7	15-19-2-2	4-3-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	76	47	20	1	8	196	147	103	29-4-1-3	18-16-0-5	6-2-0-2	W1
y-Vancouver	75	45	21	2	7	229	187	99	21-10-0-4	24-11-3-2	4-5-1-0	W2
d-Dallas	75	41	29	1	4	198	197	87	22-14-0-3	19-15-1-1	7-3-0-0	W1
Nashville	76	44	24	3	5	219	199	96	24-9-2-3	20-15-1-2	6-3-0-1	W2
Detroit	75	45	25	3	2	230	185	95	29-5-1-1	16-20-2-1	2-6-2-0	W1
Chicago	76	42	26	4	4	230	220	92	26-8-1-4	16-18-3-0	7-2-0-1	L1
Phoenix	77	37	27	3	10	200	202	87	19-13-2-4	18-14-1-6	4-2-0-4	L2
Los Angeles	75	37	26	5	7	175	164	86	21-14-0-4	16-12-5-3	7-3-0-0	L1
San Jose	75	38	27	5	5	205	195	86	23-12-2-1	15-15-3-4	5-3-1-1	W2
Colorado	77	40	31	4	2	200	202	86	22-15-1-1	18-16-3-1	6-2-1-1	L2
Calgary	76	34	27	6	9	186	208	83	20-10-1-5	14-17-5-4	5-1-2-2	L5
Anaheim	76	32	33	5	6	191	212	75	20-17-2-0	12-16-3-6	4-5-1-0	L1
Minnesota	75	31	34	2	8	159	207	72	17-15-1-3	14-19-1-5	3-7-0-0	L2
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	75	24	44	2	5	175	243	55	14-21-1-2	10-23-1-3	4-6-0-0	L1

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Tampa Bay at Philadelphia
Columbus at Detroit
Ottawa at Winnipeg
Dallas at Calgary
Los Angeles at Vancouver
Colorado at San Jose
Sunday's results
Edmonton 6 Columbus 3
Washington 3 Minnesota 0
N.Y. Islanders 3 Florida 2 (SO)
Pittsburgh 5 New Jersey 2
Nashville 6 Chicago 1
Boston 3 Anaheim 2
St. Louis 4 Phoenix 0
Tonight's games
Carolina at Toronto, 7 p.m.
Chicago at New Jersey, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Buffalo at Washington, 7 p.m.
Tampa Bay at Boston, 7:30 p.m.
Florida at Montreal, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
N.Y. Rangers at Minnesota, 8 p.m.
Tomorrow's games
N.Y. Rangers at Winnipeg, 7 p.m.
Detroit at Columbus, 7:30 p.m.
Los Angeles at Calgary, 9 p.m.
Dallas at Edmonton, 9:30 p.m.
Colorado at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.
Thursday's games
Washington at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Pittsburgh at N.Y. Islanders, 7 p.m.
Florida at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
San Jose at Phoenix, 10 p.m.

SUNDAY

OILERS 6, BLUE JACKETS 3

First Period
1. Columbus, Letestu 10 (A.Johnson) 16:46
Penalties — Smyth Edm (high-sticking) 2:13, Nash Clb (boarding) 4:08, Gagner Edm (tripping) 10:28.
Second Period
2. Edmonton, Jones 17 (Whitney, Nugent-Hopkins) 3:40
3. Columbus, Nash 26, 7:42
4. Edmonton, VandeVelde 1 (Eberle, Petry) 11:40
5. Edmonton, Smid 5 (Nugent-Hopkins, Jones) 14:28
6. Edmonton, Eager 8, 16:00
7. Edmonton, Gagner 17 (Eberle, Whitney) 19:29 (pp)
Penalties — Nikitin Clb (hooking) 1:36, Belanger Edm, Boyce Clb (slashing) 9:39, A.Johnson Clb (cross-checking) 18:10.
Third Period
8. Columbus, Brassard 13 (Umberger, Nash) 14:22 (pp)
9. Edmonton, Belanger 4 (Jones, Smid) 18:10 (en-sh)
Penalties — VandeVelde Edm, Dorsett Clb (roughing) 1:31, Hemsky Edm (hooking) 1:44, Potter Edm (tripping) 3:48, Gillies Clb (high-sticking) 10:37, Hartikainen Edm (delay of game) 13:28, Eager Edm (slashing) 17:52.
Shots on goal by

Edmonton	13	13	12	38
Columbus	11	7	14	32

Goal (shots-saves) — Edmonton: Dubnyk (W,19-17-2); Columbus: Mason (L,14-25-3)(26-21), York (start third)(11-11). **Power plays (goals-chances)** — Edmonton: 1-4; Columbus: 1-6.
Att. — 12,295 (18,144) at Columbus, Ohio.

SCORING LEADERS

	G	A	Pt
Malkin, Pgh	46	51	97
Stamkos, TB	52	35	87
Giroux, Pha	27	59	86
Spezza, Ott	31	47	78
Kessel, Tor	36	41	77
Neal, Pgh	35	41	76
Kovalchuk, NJ	32	43	75
Tavares, NYI	31	44	75
Hossa, Chi	29	45	74
Eberle, Edm	32	41	73
Karlsson, Ott	19	54	73
H.Sedin, Vcr	13	60	73
Ra.Whitney, Phx	23	48	71
Thornton, SJ	16	55	71
Elias, NJ	25	45	70
Gaborik, NYR	37	31	68
Eriksson, Dal	26	42	68
E.Staal, Car	23	45	68
D.Sedin, Vcr	30	37	67
Pominville, Buf	28	39	67
Lupul, Tor	25	42	67
St. Louis, TB	23	43	66
Kopitar, LA	24	41	65
Parenteau, NYI	16	49	65
Hartnell, Pha	35	29	64
Moulson, NYI	34	30	64
Parise, NJ	30	34	64
Sharp, Chi	30	34	64
Selanne, Ana	24	39	63
Iginla, Cal	31	31	62
Filppula, Det	23	39	62
Zetterberg, Det	21	41	62
Ovechkin, Wash	36	25	61
Seguin, Bos	26	34	60
P.Kane, Chi	20	40	60
Datsyuk, Det	17	43	60
Wheeler, Wpg	17	43	60
Marleau, SJ	28	31	59
Benn, Dal	24	35	59
B.Richards, NYR	24	35	59
Purcell, TB	20	39	59
Ryder, Dal	33	25	58
Couture, SJ	30	28	58
Pacioretty, Mtl	30	28	58
O.Jokinen, Cal	21	37	58
Ribeiro, Dal	16	42	58
Perry, Ana	35	22	57
Toews, Chi	29	28	57
P.Bergeron, Bos	20	37	57
Erat, Nash	18	39	57
Desharnais, Mtl	16	41	57
Michalek, Ott	33	23	56
Vrbata, Phx	30	26	56
Fleischmann, Fla	24	32	56
Cole, Mtl	30	25	55
Lucic, Bos	24	31	55
Vanek, Buf	24	31	55
Weiss, Fla	19	36	55
Pavelski, SJ	27	27	54
Alfredsson, Ott	24	30	54
O'Reilly, Col	18	36	54
Getzlaf, Ana	9	45	54
Hall, Edm	27	26	53
Franzen, Det	26	27	53
Kunitz, Pgh	23	30	53
Krejci, Bos	20	33	53
J.Williams, LA	18	35	53
E.Kane, Wpg	28	23	51
Callahan, NYR	27	24	51
Backes, StL	23	28	51
Stastny, Col	20	31	51
Ryan, Ana	27	23	50
Nash, Clb	26	24	50
Dupuis, Pgh	23	27	50
Oshie, StL	18	32	50
Marchand, Bos	25	24	49
Fisher, Nash	24	25	49
Grabovski, Tor	22	27	49
Versteeg, Fla	22	27	49
Jagr, Pha	18	31	49
Legwand, Nash	18	31	49
Nugent-Hopkins, Edm	18	31	49

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	10	.800	—
d-Miami	35	12	.745	3½
Orlando	31	18	.633	8½
d-Philadelphia	27	22	.551	12½
Atlanta	30	20	.600	10
Indiana	28	19	.596	10½
Boston	26	22	.542	13
New York	24	25	.490	15½
Milwaukee	22	26	.458	17
Cleveland	17	29	.370	21
Detroit	16	32	.333	23
Toronto	16	33	.327	23½
New Jersey	16	34	.320	24
Washington	11	37	.229	28
Charlotte	7	39	.152	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	37	12	.755	—
d-San Antonio	33	14	.702	3
d-L.A. Lakers	30	19	.612	7
L.A. Clippers	27	21	.563	9½
Dallas	28	22	.560	9½
Memphis	26	21	.553	10
Utah	26	23	.531	11
Houston	26	23	.531	11
Denver	26	23	.531	11
Phoenix	25	24	.510	12
Minnesota	24	26	.480	13½
Portland	23	26	.469	14
Golden State	20	27	.426	16
Sacramento	17	31	.354	19½
New Orleans	12	36	.250	24½

d-division leader
x-clinched playoff spot
Last night's results
Boston at Charlotte
Miami at Indiana
Orlando at Toronto
Detroit at Washington
Utah at New Jersey
Milwaukee at New York
Denver at Chicago
Sacramento at Houston
New Orleans at L.A. Clippers
Tonight's games
Cleveland at Philadelphia, 7 p.m.
Minnesota at Memphis, 8 p.m.
Atlanta at Milwaukee, 8 p.m.
Houston at Dallas, 8:30 p.m.
Oklahoma City at Portland, 10 p.m.
San Antonio at Phoenix, 10 p.m.
L.A. Lakers at Golden State, 10:30 p.m.

GOLF

WORLD RANKING

Through March 25

1. Luke Donald	Eng	9.87
2. Rory McIlroy	NIr	9.72
3. Lee Westwood	Eng	8.02
4. Martin Kaymer	Ger	5.76
5. Steve Stricker	USA	5.71
6. Tiger Woods	USA	5.59
7. Charl Schwartzel	SAf	5.17
8. Justin Rose	Eng	5.13
9. Webb Simpson	USA	5.10
10. Adam Scott	Aus	4.96
11. Jason Day	Aus	4.95
12. Dustin Johnson	USA	4.91
13. Graeme McDowell	NIr	4.90
14. Hunter Mahan	USA	4.86
15. Phil Mickelson	USA	4.68
16. Bill Haas	USA	4.56
17. Matt Kuchar	USA	4.55
18. Bubba Watson	USA	4.54
19. Nick Watney	USA	4.18
20. Keegan Bradley	USA	4.11

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Toronto	19	4	.826
Detroit	15	4	.789
Oakland	14	5	.737
Los Angeles	14	8	.636
Seattle	12	8	.600
New York	13	9	.591
Kansas City	13	11	.542
Boston	11	10	.524
Minnesota	13	12	.520
Baltimore	9	9	.500
Chicago	10	13	.435
Tampa Bay	7	14	.333
Cleveland	6	15	.286
Texas	6	16	.273

NATIONAL LEAGUE

	W	L	Pct
St. Louis	13	7	.650
Los Angeles	12	8	.600
San Francisco	14	10	.583
San Diego	15	11	.577
Colorado	12	10	.545
Houston	11	12	.478
Chicago	12	14	.462
Milwaukee	10	12	.455
Miami	8	10	.444
Philadelphia	10	13	.435
Cincinnati	10	14	.417
Arizona	9	14	.391
Pittsburgh	8	13	.381
Atlanta	8	14	.364
Washington	7	13	.350
New York	6	14	.300

Yesterday's results
Tampa Bay 10, Minnesota 4
N.Y. Mets 6, St. Louis 3
Washington 7, Houston 4
Boston 6, Philadelphia 0
Detroit 3, Miami 3, tie, 10 innings
Milwaukee 6, Cleveland 5
San Francisco 4, Kansas City 2
Chicago Cubs (ss) 2, San Diego 0
L.A. Dodgers 4, Chicago White Sox 3
Arizona 3, Chicago Cubs (ss) 2
Colorado vs. L.A. Angels
Baltimore vs. Pittsburgh
Cincinnati vs. Texas
Today's games
Detroit vs. Houston, 1:05 p.m.
Pittsburgh vs. Philadelphia, 1:05 p.m.
Washington vs. Miami, 1:05 p.m.
Minnesota vs. Baltimore, 1:05 p.m.
Atlanta vs. N.Y. Mets, 1:10 p.m.
Tampa Bay vs. Boston, 1:35 p.m.
Kansas City vs. Milwaukee, 4:05 p.m.
L.A. Dodgers vs. San Diego (ss) at Peoria, Ariz., 4:05 p.m.
Cleveland vs. Chicago White Sox, 4:05 p.m.
Chicago Cubs vs. Cincinnati, 4:05 p.m.
San Diego (ss) vs. Texas, 4:05 p.m.
L.A. Angels vs. San Francisco, 4:05 p.m.
Colorado vs. Arizona, 4:10 p.m.
Toronto vs. N.Y. Yankees, 7:05 p.m.

LACROSSE

NLL

Sunday's results
Colorado 16 Philadelphia 15 (OT)
Washington 20 Minnesota 13
Friday, March 30
Calgary at Minnesota, 8:30 p.m.
Saturday, March 31
Colorado at Rochester, 1:05 p.m.
Toronto at Buffalo, 7:30 p.m.
Minnesota at Edmonton, 9 p.m.
Washington at Calgary, 9 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

DETROIT TIGERS — Optioned RHP Jacob Turner to Toledo (IL). Reassigned RHP Chris Bootcheck, INF Audy Ciriaco, INF Argenis Diaz, INF Ryan Strieby and OF Quintin Berry to minor league camp.
MINNESOTA TWINS — Reassigned RHP Brendan Wise to minor league camp.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with RHP Shawn Camp on a minor league contract.
MILWAUKEE BREWERS — Returned C Mike Rivera to minor league camp.
SAN DIEGO PADRES — Placed INF Logan Forsythe on the 15-day DL. Reassigned RHP Brad Boxberger to minor league camp.

FOOTBALL

CFL

WINNIPEG BLUE BOMBERS — Re-elected Jeff Thompson to the board of directors.

HOCKEY

NHL

CHICAGO BLACKHAWKS — Recalled G Carter Hutton from Rockford (AHL).
NEW YORK RANGERS — Agreed to terms with F Andrew Yogan.

SOCCER

MLS

SPORTING KANSAS CITY — Waived F Birahim Diop.

SOCCER

MLS

Sunday's results
New York 4, Colorado 1
Kansas City 2 Dallas 1
Friday, March 30
FC Dallas at D.C. United, 7:30 p.m.
Saturday, March 31
Columbus at Toronto FC, 2 p.m.
Montreal at New York, 4 p.m.
Vancouver at Philadelphia, 7 p.m.
San Jose at Seattle FC, 10 p.m.
Real Salt Lake at Portland, 10 p.m.
New England at Los Angeles, 11 p.m.
Sunday, April 1
Chicago at Colorado, 7 p.m.
Sporting Kansas City at Chivas USA, 9 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result
Manchester United 1 Fulham 0

SPAIN

PRIMERA DIVISIÓN

Yesterday's result
Granada 0, Sevilla 3

PORTUGAL

LIGA

Yesterday's results
Maritimo 3 Gil Vicente 2
Braga 2 Academica 1

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Tebow the Jet: 'This is where I want to be'

NFL. Celebrity backup meets media, says he and Sanchez have great relationship

Tim Tebow got his first New York close-up Monday.

And he handled it all with the same cool approach — smiling, polite, composed — that has won over so many football fans.

Tebow was introduced at a news conference in the Jets' field house in Florham Park, N.J., because the media crush was so great the session couldn't be held in the team's normal press room. And the headline-grabbing New York backup QB was quick to downplay any conflict between himself and starter Mark Sanchez.

"Me and Mark have a great relationship," Tebow said. "We've been friends the past three years and have already texted back and forth. We are going to have a great working relationship and I think we'll have a lot of fun together."

Tim Tebow addresses the media on Monday.
MIKE STOBE/GETTY IMAGES

Acquired last Wednesday from Denver, the exciting but flawed quarterback is coming off a season of incredible comebacks with the Broncos, taking them from a 1-4 record to the playoffs. The Jets are hoping he has more surprises left in him.

It's been a whirlwind few weeks for Tebow, who just last month was declared the Broncos' starting quarterback by John Elway. Not long after that, Peyton Manning was suddenly in Denver and Tebow was told he could get traded.

He did, and now he's a member of the Jets.

"This is where I want to be," Tebow said, adding that he preferred the Jets over the Jacksonville Jaguars because he was familiar with New York's coaches. Tebow and head coach Rex Ryan share the same agent, and they chatted at the Super Bowl in Indianapolis last month.

THE ASSOCIATED PRESS

Quoted

"I don't see Tim just holding a clipboard. He's going to be playing for us. There is no doubt."

Jets coach Rex Ryan, suggesting at the NFL meetings in Palm Beach, Fla., on Sunday that Tim Tebow could be used at a position other than quarterback. Ryan kept referring to Tebow as a "football player," his ability not limited to QB.

Serena survives Stosur

Serena Williams celebrates in Key, Biscayne, Fla., Monday after rallying from a break down in both sets to beat Sam Stosur 7-5, 6-3 and advance to the quarter-finals of the Sony Ericsson Open. LYNNE SLADKY/THE ASSOCIATED PRESS

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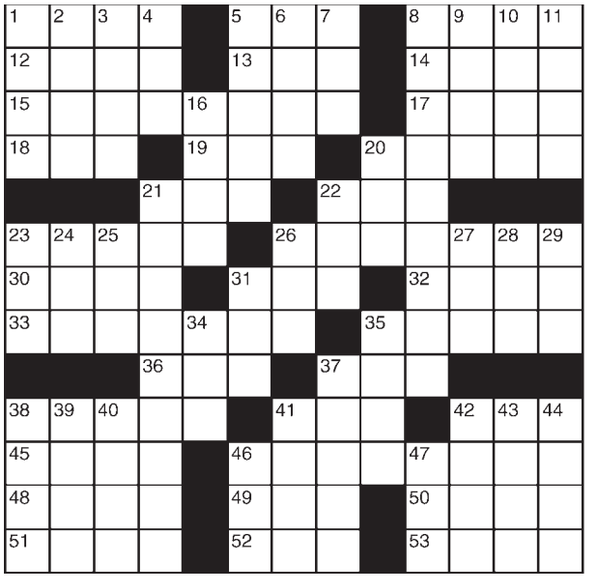
Crossword



Across

1 Sweater eater
5 Sinful
8 Robbers' foes
12 Emanation
13 Leading lady
14 Picnic hamperer
15 Medieval launcher
17 "Beetle Bailey" dog
18 Superlative suffix
19 De-pressed
20 "Nonsense!"
21 Upper limit
22 Egos' counterparts
23 Abrasive powder
26 Belgian —
30 Long car
31 Moving vehicle
32 Greek vowel
33 Befuddle
35 Church musicmaker
36 Chicago team, for short
37 Mimic
38 Off-spring
41 Winter ailment
42 Frequently, in verse
45 Corporate symbol
46 Goalpost piece
48 PC maker
49 Clumsy sort
50 Long sandwich
51 Lincoln in-law
52 Mel of Cooperstown
53 Watched

Down

1 Spiked club
2 Not just mine
3 Race-horse's gait
4 Owns
5 Jazz style
6 Acknowledge
7 Morning moisture
8 Rapid exchange of words
9 Inauguration recitation
10 Pocket bread
11 Frosty's makeup
16 Do in
20 Sharable file
21 Arthur Wynne creation
22 Author Fleming
23 Sprite
24 Wire measure
25 Ostrich's cousin
26 1940s headline word
27 Journal
28 Schedule abbr.
29 — Diego
31 Irritate
34 Heavy weight
35 Piece of work
37 Soaring
38 Bed-frame piece
39 Somewhat, to the maestro
40 Worn
41 "Animal House" house
42 Do as you're told
43 Passenger's payment
44 Walked (on)
46 Bill and —
47 That woman

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

Sudoku

		3	9			1	2	
7						6		3
	6			2				8
	5				8	2		
			2		4			
		9	3				8	
3				4			5	
6		8						1
	4	2			1	7		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

5	3	8	1	2	6	9	7	4
9	6	4	3	7	8	5	1	2
7	1	2	9	4	5	6	8	3
3	5	7	4	1	2	8	6	9
6	4	9	7	8	3	2	5	1
8	2	1	6	5	9	3	4	7
2	7	5	8	9	4	1	3	6
1	8	3	2	6	7	4	9	5
4	9	6	5	3	1	7	2	8

Send a kiss

- **To Music.** if not for music, and its healing purposes as well as other methods. Music is by far the best route. To experiencing new magic at new beginnings, to knowing what it feels like in leaving. To each and every day — music is by far the best medicine for the soul besides praying to a higher power! good night everyone and hug someone it feels good, or smile — that feels good too. if all alone, you're not completely all alone! Wow, that was the longest, darkest tunnel ever crawled thru! There is the light! No, am not paying attention to past posts! am doing own thing.....Rock n Roll. From Music Lover
- **Wish/Wash.** You can hold your convictions but you know that when you see me next, you're going to shatter. From True/Steady
- **You Missed.** You'll get all you want if you go after it again. From Will
- **Josh's friend.** You sound cute! Tell Josh that if I wasn't hopelessly in love with him, I might date you! Tell 'em my phone number is listed under "interests" on LinkedIn. From Julie

Today
6°/-3°
Sunny
Wednesday
8°/1°
Rain and snow
80%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. Think about your next move, but don't make it yet.

Taurus | April 21 - May 21. Stay calm and refuse to panic. It may appear as if your world is being turned upside down but you should know by now that appearances are often deceptive.

Gemini | May 22 - June 20. Someone who does not share your open and optimistic way of looking at the world will challenge your viewpoint today, but you don't have to prove anything to anyone.

Cancer | June 21 - July 22. Start laying the groundwork for your future success.

Leo | July 23 - Aug. 22. So many changes are happening in your world that you can, if you wish, make a few major changes of your own.

Virgo | Aug. 23 - Sept. 22. Make a conscious effort to check the small print of everything you are working on today, especially if there is money involved.

Libra | Sept. 23 - Oct. 22. Do you know what you want? And do you believe you are capable of getting it? If the answer to both those questions is "yes" then you will begin to experience real success.

Scorpio | Oct. 23 - Nov. 21. It's time to start tackling all those things you have been avoiding.

Sagittarius | Nov. 22 - Dec. 21. If you need to say something of a delicate nature to a friend or family member, now is the time to speak up.

Capricorn | Dec. 22 - Jan 20. You may feel rather left out of things at the moment but in a way that's a good thing because it gives you time to think.

Aquarius | Jan. 21 - Feb 18. Treat yourself to some quiet "me time" away from the rat race. You've earned it.

Pisces | Feb. 19 - March 20. What other people see as a crisis doesn't bother you in the slightest. Why? Because you can see that, in the greater scheme of things, it is of no real importance. SALLY BROMPTON

Caption Contest

"I've heard winning by a noise ... but never a toe!!"
Nancy
VINCENT THIAN/THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in yesterday's Metro.

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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	$1,597.74/coin
9999 Canada Maple leaf, less than 1 ounce	$51.37/g
24k Jewellery	$39.81/g
22k	$36.46/g
E. Indian/Nuggets	$32.32/g
18k	$29.86/g
14k and dental	$23.21/g
10k	$16.56/g
9k	$14.93/g
8k/antique gold	$9.95/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	$1,547.55
Gold 10 ounce (Recognized)	$15,391.85
Gold 1kg (Recognized)	$49,484.80
Gold bars, less than 1 ounce (Recognized)	$49.49/g
999 Gold bar (Unrecognized)	$48.15/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	$31.19/coin

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	$0.66/g
Stamped Sterling Silver Jewellery	$0.62/g
Mexican Silver stamped 925	$0.52/g
Stamped 800 Silver	$0.51/g
Unstamped scrap silver	$0.34/g
Other silver coins	$0.70/g

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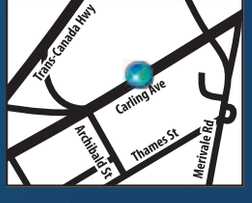

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